

# Sambas and Sailors

COPPERKNOB  
STYLEDANCE

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Sue Ayers (USA) - May 2024  
音乐: Lovely Day - Bill Withers



Intro: Lovely Day — 20 seconds/32 counts in just before lyrics begin

**NO TAGS or RESTARTS!**

## SEC 1 — WALK, WALK, FORWARD MAMBO, BACK, BACK, COASTER STEP

1-2            Step R forward (1) step L forward (2)  
3&4           Rock forward on R (3) recover weight to L (&) step R back (4)  
5-6           Step L back (5) step R back (6)  
7&8           Step L back (7) step R together next to L (&) step L forward (8)

## SEC 2 — CROSS SAMBA, CROSS SAMBA, JAZZ BOX 1/4 RIGHT (3:00)

1&2           Cross R over L (1), rock L back and to left of R (&), recover on R facing right diagonal (2)  
3&4           Cross L over R (3), rock R back and to right of L (&), recover on L facing left diagonal (4)  
5-6           Step R across L (5), step L back (6)  
7-8           Step R 1/4 turn to right (7), step L slightly forward (8) (3:00)

## SEC 3 — 3/4 RIGHT TURNING WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE (12:00)

1-2           Step 1/8 turn right on R (1), step 1/8 turn right on L (2) (6:00)  
3&4           Step 1/8 turn right on R (3), step L next to R (&), step 1/8 turn right on R (4) (9:00)  
5-6           Step 1/8 turn right on L (5), step 1/8 turn right on R (6) (12:00)  
7&8           Step L forward (7), step R next to L (&), step L forward (8)

## SEC 4 — TAP FORWARD, TAP SIDE, SAILOR, TAP FORWARD, TAP SIDE, SAILOR 1/4 LEFT (9:00)

1-2           Tap R toe forward (1), tap R toe to right (2)  
3&4           Sweep R foot behind L (3), step L to left (&), step R to right (4)  
5-6           Tap L toe forward (5), tap L toe to left (6)  
7&8           Sweep L behind R turning 1/4 left (7), step R to right (&), step L to left (8) (9:00)

Last Update: 26 May 2024

---