

A Little Respect

拍数: 32 墙数: 4 级数: Intermediate samba
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音乐: A Little Respect - Erasure



TRAVELING STEP BALL CHANGES (2ND POSITION BREAKS)

1a2 Step left forward, step right to side on ball of foot, step left in place
3a4 Step right forward, step left to side on ball of foot, step right in place
5a6 Step left forward, step right to side on ball of foot, step left in place
7a8 Step right forward, step left to side on ball of foot, step right in place

The 'a' can be treated similar to an '&' count, but slightly later. Travel slightly forward with each step forward

LEFT ¼ TURN INTO CROSS BALL CHANGES (VOLTA), RIGHT FAN INTO SYNCOPATED WEAVE WITH ¼ TURN LEFT

1a2 Turn ¼ left and cross left over right, step right to side & slightly back with ball of foot, cross left over right
a3a4 Step right to right side & slightly back, cross left over right, step right to right side & slightly back, cross left over right
5-6 Bring right foot around in front of left & step onto right foot, step left to side
7&8 Cross step right behind left, turn ¼ left and step left forward, step forward on right

LEFT PADDLE TURN; STEP, KICK, BACK, BACK, TOUCH (MODIFIED SPANISH BREAK)

1a2a Step left to left side (toe turned out), step ball of right foot side & slightly back
You have now turned ¼ left
2a Lift left foot and set back down in place turning toes out again continuing to turn, step ball of right foot side & slightly back
You have now turned another ¼ left
3a4 Repeat 1a2
You have now completed a full turn. Feet are apart and weight on left foot
5-6 Step forward on right, kick left forward
7a8 Step back left, step back right, touch left beside right

TURNING SAMBA BASIC

1a2 Turn ¼ left and step left forward, step right to side, step left together with right
3a4 Turn ¼ left and step right back, step left to side, step right together with left
5a6 Turn ¼ left and step left forward, step right to side, step left together with right
7a8 Step right back, step left to side, step right together with left

REPEAT

RESTART

On wall 4, only dance the first 16 counts, then restart the dance from the beginning
Samba basic movements are counted either 1-2 or 1-a-2, and are danced with a slight downward bouncing or dropping action. This action is created through the bending and straightening of the knees, with bending occurring on the beats of 1 and 2, and the straightening occurring on the "a"