

More & More ("Cada Vez Mais")

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Beginner
编舞者: William Sevone (UK) - 29 April 2006
音乐: The More I See You - Chris Montez : ("The Best Of"/many compilations)



Choreographers note:- Close to the original Bossa Nova rhythm and tempo, this piece of music is well known throughout the World. The dance itself is also in keeping with the original simplistic Bossa Nova formula - albeit with two easy short tags. Ideal for the experienced Beginner.

The essence within this dance is to 'feel' the music and move your body to its rhythm

Extra note:- To keep the dance fresh, it is recommended that any piece of music used is short in length.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on the vocals with feet together and weight on the left foot.

Press. Rec. Back. Back. Press. Rec. Back. Together (12:00)

- 1 – 2 Step forward onto right. Recover onto left.
- 3 – 4 Step backward onto right (left heel). Step backward onto left (right heel).
- 5 – 6 Step forward onto right. Recover onto left.
- 7 – 8 Step backward onto right (left heel). Step left next to right.

1/2 Monterey. Side. 2x Cross Press-Recover. Side (6:00)

- 9 – 10 Touch right toe to right side. Turn ½ right – stepping right next to left.
- 11 – 12 Step left forward across right. Recover onto right.
- 13 – 14 Step left slightly to left side. Step right forward across left.
- 15 – 16 Recover onto left. Step right slightly to right side.

Press. Rec. Back. Back. Press. Rec. Back. Together (6:00)

- 17 – 18 Step forward onto left. Recover onto right.
- 19 – 20 Step backward onto left (to right heel). Step backward onto right (to left heel).
- 21 – 22 Step forward onto left. Recover onto right.
- 23 – 24 Step backward onto left (to right heel). Step right next to left.

1/2 Monterey. Side. 2x Cross Press-Recover. Side (12:00)

- 25 – 26 Touch left toe to left side. Turn ½ left – stepping left next to right.
- 27 – 28 Step right forward across left. Recover onto left.
- 29 – 30 Step right slightly to right side. Step left forward across right.
- 31 – 32 Recover onto right. Step left slightly to left side.

TAG End of the 4th and 8th wall – keeping feet apart and in place

- 1 – 2 Rock/sway body to right. Rock/sway body to left.
- 3 – 4 Rock/sway body to right. Rock/sway body to left.

Both tags come just before the 'La La's'

Other suggested music without tags:

George Michael & Astrud Gilberto - Desafinado (130 bpm)

Stan Getz & Astrud Gilberto - The Girl From Ipanema (130 bpm)