

It's A Secret

拍数: 48 墙数: 4 级数: Intermediate samba
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音乐: Mi Chico Latino - Geri Halliwell



Sequence: 48, 48, 48, 36, 32, 32, 32, End

WALK BACK (RIGHT-LEFT-RIGHT-LEFT), 2 HIP ROLLS

1-4 Walk back right, left, right, left
5-8 Keeping weight on left, right toe touching forward and knees slightly bent, roll hips (hip grinds) to the left (2 rotations), (weight remains on left)

BOTA FOGOS (RIGHT, LEFT WITH ¼ TURN LEFT) (TWICE)

1a2 Cross right over left, step on ball of left to left back diagonal, step right in place
3a4 Cross left over right, pivoting ¼ left on ball of left foot, step on ball of right to right back diagonal, step left in place
5-8 Repeat 1-4 (6:00)

TRAVELING VOLTA TO LEFT, VOLTA ON THE SPOT (FULL TURN LEFT)

1a2 Cross right over left, small step left to left side but to right of right, step right over left
a3a4 Repeat 'a2'
5a6 Step left to left side, toe turned out, step right to right back diagonal, step left in place turning left toes out again continuing to turn,
a7a8 Repeat 'a6' 2 times completing full turn left (6:00)

VOLTA ON THE SPOT (¾ TURN RIGHT), TRAVELING VOLTA TO RIGHT

1a2 Step right to right side with toe turned out, step left to left back diagonal, step right in place turning right toes out again continuing to turn,
a3a4 Repeat 'a2' 2 times completing ¾ turn right
5a6 Cross left over right, small step right to right side but to left of left, step left over right
a7a8 Repeat 'a6' (3:00)

SAMBA WALKS (FORWARD), SAMBA WHISKS (RIGHT & LEFT)

1a2 Step forward right foot, step left behind right (slip back), step right forward
3a4 Step forward left, step right behind left (slip back), step left forward
5a6 Step right foot to right, rock left behind right, recover on right
7a8 Step left foot to left, rock right behind left foot, recover on left (3:00)

TRIPLE ½ TURN LEFT, SAMBA WALK FORWARD, WALK FORWARD RIGHT-LEFT-RIGHT-LEFT

1a2 Step forward on right, close left next to right with ½ turn left, step forward on right
3a4 Step forward left, step right behind left (slip back), step left forward
5-8 Walk forward right, left, right, left (9:00)

REPEAT

END

Turn on the spot 1 ¼ left to face front.

Rotation is to the left for first half, then to the right for second half

There are restarts on walls 4,5,6,7 as noted in the sequence above.

For samba styling, try to have knees slightly bent at all times, with weight on the balls of the feet. Hips will rock forward and back or roll throughout the dance

ARMS STYLING: (OPTIONAL)

Right bota fogo: on 1, raise left arm horizontal directly in front of body, palm up, on a2, flip hand over and right arm extends behind body. Do opposite for left bota fogo

Traveling volta: cross arms in front of body and gradually open to sides while rolling shoulders

Volta on the spot: left turn: - left arm in front of body, mid-chest, palm inward, right arm behind, palm out.

Right turn: - right arm in front of body, mid-chest, palm inward, left arm behind, palm out

Right samba walk forward: right arm forward with upper arm horizontal, lower arm vertical, left arm forward with upper arm horizontal, left hand at right elbow. Do opposite for left samba walk forward

Whisks: - both arms stretch out to sides with shoulder rolls
