

Black Eyed Samba

拍数: 32 墙数: 4 级数:
编舞者: Peter Metelnick (UK) & Alison Metelnick (UK)
音乐: Mas Que Nada (feat. The Black Eyed Peas) - Sergio Mendes



WALK FORWARD 2, SYNCOPATED FORWARD & BACK ROCK STEPS, WALK FORWARD 2, ¼ LEFT & RIGHT SIDE ROCK RECOVER CROSS

1-2 Step right forward, step left forward
3a Rock right forward, recover weight on left
4a Rock right back, recover weight on left
5-6 Step right forward, step left forward
7a8 Turning ¼ left rock right to side, recover weight on left, cross right over left

LEFT SIDE ROCK & FORWARD, RIGHT SIDE ROCK & FORWARD, LEFT FORWARD ROCK & RECOVER, ¼ LEFT & LEFT TO SIDE, RIGHT TOGETHER, LEFT TO SIDE, RIGHT TOGETHER, ¼ LEFT & LEFT FORWARD

1a2 Rock left to side, recover weight on right, cross step left forward
3a4 Rock right to side, recover weight on left, cross step right forward
5a Rock left forward, recover weight on right
6a Turning ¼ left step left to side, step right together
7a8 Step left to side, step right together, turning ¼ left step left forward

RIGHT FORWARD ROCK & RECOVER, ¼ RIGHT, LEFT TOGETHER, RIGHT FORWARD MAMBO, LEFT FORWARD LOCK STEP, RIGHT FORWARD, ½ RIGHT PIVOT TURN, RIGHT FORWARD

1a Rock right forward, recover weight on left
2a Turning ¼ right step right to side, step left together
3a4 Rock right forward, recover weight on left, step right together
5a6 Step left forward, lock right behind left, step left forward
7a8 Step right forward, pivot ½ left, step right forward

LEFT FORWARD ROCK & RECOVER, ¼ LEFT, RIGHT TOGETHER, LEFT FORWARD MAMBO, RIGHT FORWARD LOCK STEP, LEFT FORWARD, ½ LEFT PIVOT TURN, LEFT FORWARD

1a Rock left forward, recover weight on right
2a Turning ¼ left step left to side, step right together
3a4 Rock left forward, recover weight on right, step left together
5a6 Step right forward, lock left behind right, step right forward
7a8 Step left forward, pivot ½ right, step left forward

REPEAT
