

Babylon Samba

拍数: 60 墙数: 4 级数: Intermediate
编舞者: Maria Blackwell (USA)
音乐: Rivers of Babylon - Boney M.



SAMBA WHISKS LEFT THEN RIGHT, REPEAT

- 1&2 Angling body slightly facing right corner: step to left, step on ball of right foot behind left, step on left (in place)
3&4 Angling body slightly facing left corner: step to right, step on ball of left foot behind right, step on right (in place)
5&6 Repeat steps 1&2 above (samba whisk left)
7&8 Repeat steps 3&4 above (samba whisk right)

SHUFFLE, STEP, PIVOT ½, SHUFFLE, TOUCH LEFT, TOUCH RIGHT

- 1&2 Shuffle forward: left, right, left
3-4 Step forward on right, pivot ½ turn to left
5&6 Shuffle forward: right, left, right
7-8 Touch left toes to left side; while quickly (at the same time) stepping left home, touch right toes to right side

SAILOR, SAILOR WITH ¼ TURN, SAMBA BASIC (STEP, BALL, STEP) FORWARD AND BACK

- 1&2 Step right behind left, step left to left, step forward on right
3&4 Turning ¼ left: step left behind right, step right to right, step forward on left
5&6 Step slightly forward on right, step on ball of left next to right, step on right (in place)
7&8 Step slightly back on left, step on ball of right next to left, step on left (in place)

ROCK STEP, STEP PIVOT ½, PIVOT ½, PIVOT ½, MAMBO FORWARD

- 1-2 Rock back on right, recover on left
3-4 Step forward on right, pivot ½ to left
5-6 Continuing turn in same direction, pivot ½ left on right foot, pivot ½ left on left foot
7&8 Rock forward on right, recover on left, step right home

MAMBO LEFT, MAMBO RIGHT WITH ¼ TURN, LINDY (SHUFFLE) LEFT, ROCK STEP

- 1&2 Rock to left, recover on right, step left home
3&4 Rock to right, recover on left, turn ¼ right as you bring right home
5&6 Shuffle to left: left, right, left
7-8 Rock back on right, recover on left

LINDY (SHUFFLE) RIGHT, ROCK STEP, FIGURE FOUR ¼ TURN, STEP LOCK STEP

- 1&2 Shuffle to right: right, left, right
3-4 Rock back on left, recover on left
5-6 Touch left toes forward, pivot ¼ left on right foot at the same time you flick left heel towards right knee (making a "figure four")
7&8 Step forward on left, lock step right behind left, step forward on left

FIGURE FOUR ½ TURN, STEP LOCK STEP, SAMBA WALKS LEFT THEN RIGHT

- 1-2 Touch right toes forward, pivot ½ right on left foot at the same time you flick right heel towards left knee (making a "figure four")
3&4 Step forward on right, lock step left behind right, step forward on right
5&6 Step left foot forward, while stepping on ball of right in place, quickly slide (scooch) left foot halfway towards home, step on left in place

7&8 Step right foot forward, while stepping on ball of left in place, quickly slide (scooch) halfway towards home

SAMBA WALKS LEFT THEN RIGHT

1&2 Step left foot forward, while stepping on ball of right in place, quickly slide (scooch) left foot halfway towards home, step on left in place

3&4 Step right foot forward, while stepping on ball of left in place, quickly slide (scooch) halfway towards home

REPEAT
