Just A Little "BS", Baby!



拍数: 48 增数: 2 级数: Phrased Easy Intermediate

编舞者: Forty Arroyo (USA) - May 2012

音乐: Bossa Nova Baby (Viva Elvis) - Elvis Presley: (Album: Viva Elvis)



A Hayloft floor Split for Guyton Mundy's FUN intermediate dance "BOSA NOVA BABY"

- a current Hayloft Favorite - Dedicated to my Senior Ladies and Gents

(Sequence: AA BA BA AA, 2 walks forward, BB BB)

32 counts - PART A:

WALK, WALK, ROCKING CHAIR, WALK, WALK, CROSS, STEP

1-2 Step forward on R, Step forward on L

3&4& Rock forward on R, Step L in place, Rock back on R, Step L in place

5-6 Step forward on R, Step forward on L7-8 Cross R over L, Step back on L

SIDE, CROSS/ROCK, S TEP, SIDE, CROSS/ROCK, STEP, 1/4 L, 1/4 L

1,2& Step R to side(1), Rock L behind(2), Step R in place(&) 3,4& Step L to side(3), Rock R behind L(4), Step L in place(&)

(No ROCK option: Step side R(1), touch L behind(2), Step side L(3), Touch R behind(4)

5-6 Step forward on R, Pivot ½ to L – shifting weight onto L

7-8 Repeat (5-6) – now at 6:00

DIAGONAL CROSSING SHUFFLE, SWAY, SWAY

Traveling forward left diagonal - Cross R over L, Step L to side, Cross R over L

Squaring off to 6:00 and stepping L to side - Sway hips to L, Sway hips R

Traveling forward right diagonal - Cross L over R, Step R to side, Cross L over R

Squaring off to 6:00 and stepping R to side - Sway hips R, Sway hips L

SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE BACK, TAP, TAP

1&2 Step R forward, Step R next to L, Step R forward

3-4 Rock forward on L, Recover weight on R

5&6 Step back L (L diagonal), Step R Next to L, Step back on L

7,8 Tap R toes next to L – twice (slightly forward)

16 counts: PART B: BOSSA NOVA:

1-8 Fun with the Charleston

1-4 Step forward on R, Kick L forward, Step back on L, Touch L back

5-8 Repeat steps 1-4

9-16 Fun with the TWIST

Do the twist – any way YOU WISH – make sure that your weight ends on L

ENJOY!!

Questions: please email Forty at forty.arroyo@gmail.com