

Sabado

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver - samba
编舞者: Tony Wilson (USA) - July 2012
音乐: Sabado - Jody Bernal



Start on vocals

SNAKE ROLLS R&L, SIDE TOG SIDE TOUCH

- 1 Step R to right...arms above head hands with palms together up to right L hip to left L shoulder up
- &2 Arms above head hands together to left R shoulder up,...shift weight to L
- &3 Arms above head hands together to right L hip to left L shoulder up,..shift weight to R
- &4 Arms above head hands together to left R hip to right R shoulder up,...shift weight to L
- & Drop hands to chest level
- 5 Step R to right...L shoulder up L hip to left
- 6 Step L next to R...R shoulder up R hip to right,
- 7 Step R to right...L shoulder up L hip to left
- 8 Touch L next to R...R shoulder up R hip to right

Counts 1-4... Hands, arms and body moving like a snake

SIDE TOG. SIDE TOUCH 1/4 TURN 1/4 TURN LEFT

- 9 Step L to left...R shoulder up R hip to right
- 10 Step R next to L...L shoulder up L hip to left
- 11 Step L to left...R shoulder up R hip to right
- 12 Touch R next to L...L shoulder up L hip to left
- 13-14 Pivot 1/4 left...R hip out as you turn
- 15-16 Pivot 1/4 left...R hip out as you turn

Counts 1-16...Latin hips!

- 5-16 option...Hands lightly clenched, rolling at chest level

SAMBA STEPS R &L, CROSS SHUFFLE RLR 1/4 TURN RIGHT

- 17&18 Cross R over L, recover on L, step R next to L
- 19&20 Cross L over R, recover on R, step L next to R
- 21&22 Cross R over L, step L slightly left, cross R over L
- 23-24 Step L back, turning 1/4 right step R to right

SAMBA STEPS L&R, CROSS SHUFFLE LRL 1/4 TURN LEFT

- 25&26 Cross L over R, recover on R, step L next to R
- 27&28 Cross R over L, recover on L, step R next to L
- 29&30 Cross L over R, step R slightly right, cross L over R
- 31-32 Step R back, turning 1/4 left step L to left

Turn 1/4 left to start again

The dance rotates clockwise and ends on front wall on count 1.

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