

Sabado

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Tony Wilson (USA) - July 2012
音乐: Sabado - Jody Bernal

级数: Beginner / Improver - samba



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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