

Bosa Nova Beginner

拍數: 64 牆數: 4 級數: Beginner
編舞者: Henny Nielsen (DK) - November 2014
音樂: Blame It on the Bossa Nova - Jane McDonald



SIDE BEHIND SIDE CROSS, CHASSE LEFT, HOLD

1-4 Step left to side, cross right behind left, step left to side, cross right over left
5-8 Step left to side, step right together, step left to side, Hold

SIDE BEHIND SIDE CROSS, CHASSE RIGHT, HOLD

1-4 Step right to side, cross left behind right, step right to side, cross left over right
5-8 Step right to side, step left together, step right to side, Hold

MAMBO BOX

1-2 Step left to left, step right beside left
3-4 Step forward left, Hold
5-6 Step right to right, step left beside right
7-8 Step back right, Hold

LEFT WINE, TOUCH, RIGHT WINE ¼ TURN RIGHT, SCUFF

1-2 Step left to left Side, Cross right behind left
3-4 Step left to left Side, Touch right Toe Next to left
5-6 Step right to right, cross left behind right
7-8 ¼ turn right, scuff left

LEFT LOCK STEP FORWARD, HOLD, RIGHT LOCK STEP FORWARD, HOLD

1-2 Step forward left, lock right behind left
3-4 Step forward left, Hold
5-6 Step forward right, lock left behind right
7-8 Step forward right, Hold

LEFT MAMBO FORWARD HOLD, RIGHT MAMBO BACK HOLD

1-2 Rock forward left, recover in place right
3-4 Step left beside right, Hold
5-6 Rock back on right, recover in place left
7-8 Step right beside left, Hold

LEFT STEP TURN STEP HOLD, RIGHT STEP TURN STEP HOLD

1-2 Step forward left, pivot ½ right
3-4 Step forward left, Hold
5-6 Step forward right, pivot ½ left
7-8 Step forward right, Hold

WALK HOLD x3, STOMP HOLD

1-2 Walk forward left, Hold
3-4 Walk forward right, Hold
5-6 Walk forward left, Hold
7-8 Stomp right beside left (taking weight), Hold

Note - this dance is as a floor split to 'Bosa Nova' by Choreographer Phil Dennington

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