

Fun With Samba

拍數: 32 牆數: 1 級數: Beginner
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音樂: Baila Baila Comigo - Gold Star Ballroom Orchestra : (Google Play, iTunes, eMusic, AmazonMP3)



Samba is counted 1a2a3a4 however use 1&2&3&4 if it's more comfortable.

This dance is a basic introduction to this fun rhythm using just 3 easy steps (Samba Basic, Voltas, Cross Samba).

Use any song of your choice. If this is the first time Samba has been taught to the class, the demo/teach video is very helpful.

Some song suggestions:

"Baila,Baila", Angela Via

"Jum Bah Day", House of Gypsies

"Hip Hop Ghin Ghin", Club des Belugas"

Introduction: 16 counts

S1: R & L SAMBA BASIC (AKA WHISKS), R TRAVELING VOLTAS

1a2 Step R to Right Side, Step Left Ball Behind R (a), Step R in Place (weight on right)
3a4 Step L to Left Side, Step R Ball Behind L (a), Step L in Place (weight on left)
5a6 Cross R over L, Step L Ball Behind R(a), Step R to Left Side (R stay crossed over L on 5,6,7,8)
a7 Step L Ball Behind R(a), Step R to Left Side
a8 Step L Ball Behind R (a), Step R to Left Side (weight on right)

S2: L & R SAMBA BASIC (AKA WHISKS), L TRAVELING VOLTAS

1a2 Step L to Left Side, Step R Ball Behind L (a), Step L in Place (weight on left)
3a4 Step R to Right Side, Step Left Ball Behind R (a), Step R in Place (weight on right)
5a6 Cross L over R, Step R Ball Behind L (a), Step L to Right Side (L stay crossed over R on 5,6,7,8)
a7 Step R Ball Behind L (a), Step L to Right Side
a8 Step R Ball Behind L (a), Step L to Right Side (weight is on left)

S3: R & L CROSS SAMBAS (AKA BOTAFOGAS)

1a2 Cross R over L, Step L slightly to L Side (a), Step R Together with L (weight on right)
3a4 Cross L over R, Step R slightly to R Side (a), Step L Together with R (weight on left)
5a6 Cross R over L, Step L slightly to L Side, (a), Step R Together with L (weight on right)
7a8 Cross L over R, Step R slightly to R Side (a), Step L together with R (weight on left)

S4: 1/2 TURN R & 1/2 TURN L CIRCULAR VOLTAS

1a2 Step R 1/8 Turn Right, L Step Ball Behind R (a), Step R 1/8 Turn Right
a3 Step L Ball Behind R (a), Step R 1/8 Turn Right
a4 Step L Ball Behind R (a), Step R 1/8 Turn Right (weight on right)
5a6 Step L 1/8 Turn Left , R Step Ball Behind L (a), Step L 1/8 Turn Left
a7 Step R Ball Behind L (a), Step L 1/8 Turn Left
a8 Step R Ball Behind L (a), Step L 1/8 Turn Left (weight on left)

Wall 4 (4th time facing front), after 16 counts, there is a 2 count Tag:

Pause while counting 2 beats & continue on with count 17.

Fun fact: Samba is associated with Brazil but is actually from urban Rio de Janeiro. In the late 1950's & into the 1960's, Bossa Nova, a mixture of samba and American jazz was popular.

Enjoy dancing! Contact: hel.38@att.net with any questions or comments.

Please, don't alter this step sheet but keep in original form when posting to a website. TY.
