

Sambada Boogiewoo

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Hanna Pitkänen (FIN) & Laura Hannele Pitkänen (FIN) - May 2019
音樂: Ei suomalaiset tanssi - Haloo Helsinki! : (Spotify)



Intro: 32 counts

[1-8]: Step R L, shuffle R, Step L, ½ turn R on spot, shuffle fwd R

1-2 Step R fwd, step L next to R
3&4 Step R to side, step L next to R, step R to side

She sings "Cha cha", dance with cha chan technique

5-6 Step L fwd, turn ½ R with weight on L
7&8 Step R fwd, step L next to R, step R fwd

She sings "polkkaa", dance with polka technique

[9-16] Pivot ½ R, L samba cross, hop fwd, hop back, hop fwd x 3

1-2 Step L fwd, turn ½ R shifting weight to R
3&4 Cross L over R, step R to side, recover L (cross rock recover)

She sings "sambadaa"

5-6 Hop fwd feet together, hop back feet together
7&8 Hop fwd 3 times feet together **

She sings "letkajenkkaa" (small hops, knees bend)

[17-25] Skate R, ¼ turn L with a skate L, boogie walks x 3, ¼ turn L, rock back R, full triple turn L

1-2 Skate R, turn ¼ L skate to L
3&4 Run R, L, R or do boogie walks
5-6 Turn ¼ L step L fwd, recover R (prep for turn L)

Twist upper body ¼ R to prep for a full turn over L shoulder

7&8 step L fwd, turn ½ R step back R, turn ½ R step L fwd

Easier option: run L, R, L

[26-33] Pivot ¼ L x 3, curtsy or bow

1-2 Step fwd R, turn ¼ L shifting weight to L
3-4 Step fwd R, turn ¼ L shifting weight to L
5-6 Step fwd R, turn ¼ L shifting weight to L *
7-8 curtsy (men can bow), straighten legs (9:00)

***TAGS 1&2: End of walls 3 (3:00) and wall 7 (6:00), change the curtsy or bow**

1-2, 3-4, 5-6 Hop fwd, hop back feet together, flick R, shimmy sholders.

****RESTART: On wall 4, after 16 counts there's a 4 count break, pose and start again (3:00)**

ENDING: On wall 11 (starting 9:00) dance until count 8, turn ½ R step back L, turn ¼ R step R to side (12:00)

Have fun!

Last Update – 7 Nov. 2019