

Oh Mama

拍數: 80 牆數: 1 級數: Intermediate
編舞者: Josée Dubé (CAN) - February 2021
音樂: Oh Mama - Naïka



Intro: 32 (no beats)

Merengue:

S1: merengue basics step 2 walls

1-2-3-4 SL side ¼ turn left, SR together, SL side, SR touch
5-6-7-8 SR side ¼ turn right, SL together, SR side, SL touch

S2: repeat S1 opposite wall

1-2-3-4 SL side ¼ turn left, SR together, SL side, SR touch
5-6-7-8 SR side ¼ turn right, SL together, SR side, SL touch

S3: Balance forward with LF and RF

1-2-3&4 SL forward, SR recover, SL together, SR recover, SL recover
5-6-7&8 SR forward, SL recover, SR together, SL recover, SR recover

S4: Balance sides L and R

1-2-3&4 SL side, SR recover, SL together, SR recover, SL recover
5-6-7&8 SR side, SL recover, SR together, SL recover, SR recover

Samba:

S1: Paulista, wave, ½ turn right

1&2-3&4 SL forward, SR side, SL recover, SR forward, SL side, SR recover
5&6-7&8 SL cross forward, SR side, SL cross backward, SR side ¼ turn R, SL side ¼ turn R, SR together

S2: Repeat S1 opposite wall

1&2-3&4 SL forward, SR side, SL recover, SR forward, SL side, SR recover
5&6-7&8 SL cross forward, SR side, SL cross backward, SR side ¼ turn R, SL side ¼ turn R, SR together

S3: walk forward, balance and cross

1&2-3&4 SL forward, SR together, SL recover, SR forward, SL together, SR forward
5&6-7&8 SL side, SR recover, SL cross over RF, SR side, SL backward, SR cross over LF

S4: backward lock step, syncopé

1&2-3&4 SL backward, SR backward, SL cross over RF, SR backward, SL backward, SR cross over LF
5&6&7&8& SL side, SR recover, SL forward, SR recover, SL side, SR recover, SL backward, SR recover

S5: repeat S3

1&2-3&4 SL forward, SR together, SL recover, SR forward, SL together, SR forward
5&6-7&8 SL side, SR recover, SL cross over RF, SR side, SL backward, SR cross over LF

S6: repeat S4

1&2-3&4 SL backward, SR backward, SL cross over RF, SR backward, SL backward, SR cross over LF
5&6&7&8& SL side, SR recover, SL forward, SR recover, SL side, SR recover, SL backward, SR recover

Finale: drag to the left after samba S2

No tag, No restart, Have fun!

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