

It Was The Bossa Nova

拍數: 56 牆數: 4 級數: Easy Beginner
編舞者: Annette Gardner (AUS) - June 2022
音樂: Blame It on the Bossa Nova - Jane McDonald



Weight on left, start on the word "dance".

FORWARD RUMBA: SIDE TOGETHER FORWARD HOLD, SIDE TOGETHER BACK AND HOLD.

1,2,3,4 Step right to right side, close left beside right, step right forward and hold.
5,6,7,8 Step left to left side, close right beside left, step left back and hold.

STEP RIGHT BACK AS YOU BOUNCE HIPS RLR, STEP LEFT BACK AS YOU BOUNCE HIPS LRL

1,2,3,4 Step right back and bounce hips right, left, right and hold.
5,6,7,8 Step left back as you bounce hips left right, left and hold.

RIGHT STRUT, LEFT STRUT, RIGHT STRUT, LEFT STRUT TURN ¼ LEFT

1,2, Strut: Step R heel forward, drop R toe to the floor
3,4 Strut: Step L heel forward, drop L toe to the floor
5,6, Strut: Step R heel forward, drop R toe to the floor
7,8 Strut: Step L heel forward, drop L toe to the floor while making ¼ left.

CHARLESTON FORWARD, CHARLESTON BACK, REPEAT

1,2 Sweep R toe forward, step back on right
3,4 Step L back and touch, step forward on L.
5,6,7,8 REPEAT 1,2,3,4

RIGHT SIDE ROCK CROSS, LEFT SIDE ROCK CROSS

1,2,3,4 Rock right to right side, recover on left, cross right over left and hold
5,6,7,8 Rock left to left side, recover on right, cross left over right and hold

¼ PIVOT TURN, ¼ PIVOT TURN (with stomps)

1,2,3,4 Stomp forward on right and hold, turn ¼ left and hold
5,6,7,8 Stomp forward on right and hold, turn ¼ left and hold

STEP OUT, STEP OUT, STEP BACK, STEP BACK (Slow V STEP with stomps)

1,2,3,4 Stomp right to 45degrees and hold, step left to 45 degrees and hold
5,6,7,8 Stomp right back to centre and hold, stomp left back next to right and hold

Ending: Facing 12 O'clock, dance only one charleston step. TA DA! END OF DANCE

"Happy Dancing"

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