

Bamba

拍數: 48 牆數: 2 級數: Phrased Improver
編舞者: Harry Samana (INA) - July 2023
音樂: BAMBA - Tiago Raul



Sequence : AAB AAB AAB A
No Tag No Restart

PART A.

SECTION 1. BBACK , TOUCH FWD , CROSS SAMBA , CROSS , ¼L TURN , BACK , ½L TURN LOCK SHUFFLE

1-2 STEP BACK ON RF WITH POINT L FORWARD BENDED KNEE – RECOVER LF
3&4 CROSS RF OVER LF – STEP LF TO SIDE – STEP RF IN PLACE
5 – 6 CROSS LF OVER RF – ¼L TURN STEPPING RF BACK
7&8 ½L TURN STEPPING LF FORWARD – LOCK RF BEHIND LF – STEP LF FORWARD

#SECTION 2. ¼L TURN SIDE , WEAVE , SYNCOPATED SIDE CHASSE

1-2 ¼L TURN STEPPING SIDE – RECOVER ON LF
3 & 4 STEP RF BEHIND LF – STEP LF SIDE – CROSS RF OVER LF
5 & 6 & STEP LF TO SIDE – NEXT CLOSE RF BESIDE LF - STEP LF TO SIDE – NEXT CLOSE RF BESIDE LF
7 & 8 STEP LF TO SIDE – NEXT CLOSE RF BESIDE LF – STEP LF TO SIDE

#SECTION 3. CROSS ROCK , CROSS , L TURN ¼ BACK , BACK SHUFFLE , BACK , FLICK

1 – 2 CROSS ROCK RF OVER LF – RECOVER ON L
& 3 – 4 STEP RF TO SIDE – CROSS LF OVER RF - ¼L TURN STEPPING RF BACK
5 & 6 STEP LF BACK – CROSS LOCK RF OVER LF – STEP LF BACK
7 – 8 ROCK RF BACK WITH BENDED KNEE – RECOVER LF WITH RAISE THE HEEL RF BACKWARDS

#SECTION 4. FORWARD , ¼L TURN , CROSS SAMBA R – L , WALK R – L

1 – 2 STEP RF FORWARD - ¼L TURN STEPPING ON LF
3 & 4 CROSS RF OVER LF – STEP LF TO SIDE LEFT – STEP RF IN PLACE
5 & 6 CROSS LF OVER RF – STEP RF TO SIDE RIGHT – STEP LF IN PLACE
7 – 8 STEP RF FORWARD – STEP LF FORWARD

PART B.

SECTION 1. SIDE , DRAG , BEHIND , SIDE , DRAG , BEHIND

1 – 2 RF LARGE STEP SIDE – DRAG LF BEHIND RF
3 – 4 CROSS LF BEHIND RF – RECOVER ON RF
5 – 6 LF LARGE STEP SIDE – DRAG RF BEHIND LF
7 – 8 CROSS RF BEHIND LF – RECOVER ON LF

#SECTION 2. PIVOT TWICE , TOUCH POINT RF FORWARD , HOLD

1 – 2 STEP RF FORWARD - ½LEFT TURN WEIGHT ON LF
3 – 4 STEP RF FORWARD - ½LEFT TURN WEIGHT ON LF
5678 TOUCH POINT RF FORWARD – HOLD 3 COUNT (OPTION : CHOICE (BEND YOUR BODY DOWN AS YOUR HANDS TOUCH YOUR FEET AND RISE AGAIN TO THE STARTING POSITION)