

Show Me Your Samba

COPPERKNOB
STEP SHEETS

拍數: 74

牆數: 2

級數: Phrased Advanced - Cha Cha /
Samba

編舞者: Paul Steinborn (DE) - February 2024

音樂: How You Samba - Kris Kross Amsterdam, Sofia Reyes & Tinie Tempah



Intro: 16 counts from start of track

Sequence: A1-A1-A2-B-C-B-Tag-A2-BB-C

– Special thanks to Adam Åstmar for writing the step sheet! –

A1:

[Sect 1] Slow Prissy Walks Fwd. Rock Fwd. Lock-Step Back.

- 1 – 2 Slightly cross RF over LF (1). Hold (2).
- 3 – 4 Slightly cross LF over RF (3). Hold (4).
- 5 – 6 Step forward on RF (5). Rock forward on LF (6).
- 7 – 8 & 1 Recover on RF (7). Step back on LF (8). Cross RF over LF (&). Step back on LF (1).

[Sect 2] Rock Back. Kick Out-Out. Hip Sways. Chasse with Flick.

- 2 – 3 Rock back on RF (2). Recover on LF (3).
- 4 & 5 Kick forward with RF (4). Step out to R on RF (&). Step out to L on LF (5).
- 6 – 7 Sway hips to R (6). Sway hips to L (7).
- 8 & 1 Step to R on RF (8). Close LF next to RF (&). Step to R on RF flicking LF to L side and slightly turning body to R diagonal (1).

[Sect 3] Cross Unwind ¾. ¼ Sweep. Behind. Side.

- 2 Keep LF in the air, slowly bringing it across RF (2).
- 3 – 4 Cross LF over RF (3). Unwind ¾ R placing weight on RF (4). [9:00]
- 5 – 6 Turn ¼ R stepping to L on LF and start sweeping RF from side to back (5). [12:00] Finish sweeping RF (6).
- 7 – 8 Step RF behind LF (7). Step to L on LF (8).

[Sect 4] Cross Sweep. Cross. Side. Rock Back. Pivot ½ Turn R Hook.

- 1 – 2 Cross RF over LF and start sweeping LF from back to front (1). Finish sweeping LF (2).
- 3 – 4 Cross LF over RF (3). Step to R on RF (4).
- 5 – 6 Rock back on LF (5). Recover on RF (6).
- 7 – 8 Step forward on LF (7). Turn ½ R keeping weight on LF and hooking RF over LF (8). [6:00]

A2:

Repeat A1 up until section 4, count 6, then do the following

[Sect 1] 1 1/8 Pencil Turn R on RF.

- 7 – 8 Keep weight on RF and turn 1 1/8 over R shoulder, sweeping LF close to RF (7). Finish the turn keeping weight on RF, LF next to RF (8).

You should now be facing the diagonal [1:30]

[Sect 2] Body Roll & Lift Arms.

- 1 – 2 Step down on LF rolling body from bottom to top and start lifting arms out to sides (1). Finish rolling body and continue lifting arms (2).
- 3 – 4 Continue lifting the arms for 2 counts and transfer weight to RF (3, 4).

B: 32c

[Sect 1] Samba ¾ Diamond L. Back. 1/8 Out-Out.

- 1 & 2 Cross LF over RF (1). Turn ¼ L stepping back on RF (&). Step back on LF (2). [10:30]
- 3 & 4 Step back on RF (3). Turn ¼ L stepping forward on LF (&). Step forward on RF (4). [7:30]

- 5 & 6 Cross LF over RF (5). Turn $\frac{1}{4}$ L stepping back on RF (&). Step back on LF (6). [4:30]
7 & 8 Step back on RF (7). Turn $\frac{1}{8}$ L stepping to L on LF (&). Step to R on RF (8). [3:00]

[Sect 2] 2x Botafogos. 1 $\frac{1}{4}$ Volta Turn L.

- 1 & 2 Traveling forward: Cross LF over RF (1). Step to R on RF (&). Step to L diagonal on LF (2). [1:30]
3 & 4 Traveling forward: Cross RF over LF (3). Step to L on LF (&). Step to R diagonal on RF (4). [4:30]
5 & 6 & Turn $\frac{3}{8}$ L crossing LF over RF (5). Step to R on RF (&). [12:00] Turn $\frac{3}{8}$ L crossing LF over RF (6). Step to R on RF (&). [7:30]
7 & 8 Turn $\frac{3}{8}$ L crossing LF over RF (7) Step to R on RF (&). [3:00] Turn $\frac{1}{8}$ L stepping forward on LF (8). [1:30]

[Sect 3] Press Fwd. Back. Press Fwd. 4x Batucada.

- 1 – 2 & Press forward on RF (1). Recover on LF (2). Step back on RF (&).
3 – 4 & Press forward on LF (3). Recover on RF (4). Step back on LF (&).
5 & 6 & Touch RF forward rolling hips (5). Step slightly back on RF (&). Touch LF forward rolling hips (6). Step slightly back on LF (&).
7 & 8 Touch RF forward rolling hips (5). Step slightly back on RF (&). Touch LF forward rolling hips (8).

[Sect 4] $\frac{1}{8}$ Samba Whisk L. Samba Whisk R. 2x Diagonal Step-Lock. Out-Out.

- 1 a 2 Turn $\frac{1}{8}$ L stepping to L on LF (1). Rock RF behind LF (a). Recover on LF (2). [12:00]
3 a 4 Step to R on RF (3). Rock LF behind RF (a). Recover on RF (4).
5 & 6 & Step to L diagonal on LF (5). Lock RF behind LF (&). Step to L diagonal on LF (6). Lock RF behind LF (&).
7 – 8 Step to L diagonal on LF (7). Step to R diagonal on RF (8). [1:30]

C:

[Sect 1] Body Roll & Lift Arms.

- 1 – 2 Step down on LF rolling body from bottom to top and start lifting arms out to sides (1). Finish rolling body and continue lifting arms (2).
3 – 4 Continue lifting the arms for 2 counts and transfer weight to RF (3, 4).

Tag:

[Sect 1] Body Roll L. Rock Back. Slow Samba Whisk R.

- 1 – 2 Place weight on LF rolling body from top to bottom, facing R diagonal (1). Finish body roll (2).
3 – 4 Rock back on RF (3). Recover on LF (4). [12:00]
5 – 6 Step to R on RF (5). Hold (6).
7 – 8 Rock back on LF (7). Recover on RF (8).

[Sect 2] Pivot $\frac{1}{2}$ Turn R, Hook. Walk Fwd x2. Pivot $\frac{1}{2}$ Turn L, Hook. Walk Fwd. Touch.

- 1 – 2 Step forward on LF (7). Turn $\frac{1}{2}$ R keeping weight on LF and hooking RF over LF (8). [6:00]
3 – 4 Walk forward on RF (3), LF (4).
1 – 2 Step forward on RF (7). Turn $\frac{1}{2}$ L keeping weight on RF and hooking LF over RF (8). [6:00]
3 – 4 Walk forward on LF (7). Touch RF next to LF (8).

Enjoy dancing and Have fun!

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