

Sambas and Sailors

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sue Ayers (USA) - May 2024
音樂: Lovely Day - Bill Withers



Intro: Lovely Day — 20 seconds/32 counts in just before lyrics begin

NO TAGS or RESTARTS!

SEC 1 — WALK, WALK, FORWARD MAMBO, BACK, BACK, COASTER STEP

1-2 Step R forward (1) step L forward (2)
3&4 Rock forward on R (3) recover weight to L (&) step R back (4)
5-6 Step L back (5) step R back (6)
7&8 Step L back (7) step R together next to L (&) step L forward (8)

SEC 2 — CROSS SAMBA, CROSS SAMBA, JAZZ BOX 1/4 RIGHT (3:00)

1&2 Cross R over L (1), rock L back and to left of R (&), recover on R facing right diagonal (2)
3&4 Cross L over R (3), rock R back and to right of L (&), recover on L facing left diagonal (4)
5-6 Step R across L (5), step L back (6)
7-8 Step R 1/4 turn to right (7), step L slightly forward (8) (3:00)

SEC 3 — 3/4 RIGHT TURNING WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE (12:00)

1-2 Step 1/8 turn right on R (1), step 1/8 turn right on L (2) (6:00)
3&4 Step 1/8 turn right on R (3), step L next to R (&), step 1/8 turn right on R (4) (9:00)
5-6 Step 1/8 turn right on L (5), step 1/8 turn right on R (6) (12:00)
7&8 Step L forward (7), step R next to L (&), step L forward (8)

SEC 4 — TAP FORWARD, TAP SIDE, SAILOR, TAP FORWARD, TAP SIDE, SAILOR 1/4 LEFT (9:00)

1-2 Tap R toe forward (1), tap R toe to right (2)
3&4 Sweep R foot behind L (3), step L to left (&), step R to right (4)
5-6 Tap L toe forward (5), tap L toe to left (6)
7&8 Sweep L behind R turning 1/4 left (7), step R to right (&), step L to left (8) (9:00)

Last Update: 26 May 2024
