

Sauna (Barabadabastu)

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: High Beginner / Improver
編舞者: Birgitta Schoultz-Ekblad (FIN) - March 2025
音樂: Bara Bada Bastu - KAJ



B happens only once at the end of wall 5

Tags: at end of wall 1 (8counts), at end of wall 3 (16 counts), at end of wall 4 (4counts), at the end of part B (4 counts)

Outro: 16 counts

Styling before starting: on "nåjaa" point forward (12:00) with your right arm as you step and turn left (6:00), sit back on R, popping Lknee and look over your shoulder. Recover fwd on L & start

Intro: (4 counts) Start on "Nåjaa" (12:00) with step forward on right (1), turn ½ left (2) sit back on R, popping Lknee and look over your shoulder (3) recover fwd on L (4) (6:00)

Start on lyrics at the back wall (6:00)

S1. Shuffle fwd, rock fwd, shuffle back, ¼ turn R, rock step

1&2 Step RF forward - Step LF next to RF - Step RF forward (6:00)
3,4 Rock forward on L, Recover onto RF
5&6 Step LF back-step RF next to L, step LF back
7,8 ¼ Turn right, rock right to side, recover on L (9:00)

S2. Repeat S1 (9:00) , ending 12:00

S3. R Cross Samba, L Cross Samba, Paddle Turn x4,

1&2 Cross RF over LF - Step LF to L - Step RF diagonally forward
3&4 Cross LF over RF - Step RF to R- Step LF diagonally forward
5,6 Make 1/8 turn L point RF to R - Make 1/8 turn L point RF to R
7,8 Make 1/8 turn L point RF to R - Make 1/8 turn L point RF to R (6:00)

S4. Repeat S3 end up (12:00)

Tag 1 (After wall 1)V-steps , Bend knees, Lift both arms (on the lyrics " Yksi, kaksi, kolme. SAUNAA") 12:00

1-4 Step R fwd onto R diagonal , Step L fwd onto L diagonal , Step R back to centre, Step L beside R (12:00)
5-8 Bend both knees and lift arms straight up

Tag2 (After wall 3) V-step, Side Touch, Side Touch, Pointing R from front to side, Pointing L from Front to side, bouncing knees 12:00

1-4 Step R fwd onto R diagonal, Step L fwd onto L diagonal, Step R back to centre, Step L beside R (12:00)
5-8 Step R to R side, touch L beside R, Step L to L side, touch R beside L
1-4 Pointing R arm from front to R side, bouncing heels/knees
5-8 Pointing L arm from front to L side, bouncing heels/knees

Tag3 (After wall 4) Bend knees & lifting both arms (6:00)

1-4 Bend both knees and lift arms straight up (6:00)

Tag 4 (After B) Bend knees & lifting both arms (12:00)

1-4 Bend both knees and lift arms straight up (12:00)

Part B After wall 5- "Tangopart" (12:00) Tangostyle with your arms

1-4 Step R diagonal, Hold, Step L cross Hold, R arm up, L arm crossed in front

5-8 Step R , Step L, Step R Hold angel to left diagonal

1-4 Step L diagonal, Hold, Step R cross , Hold, Change armpositions to opposite

5-8 Step L, Step R, Step L, Hold, angel to right diagonal

Repeat 1-16 diagonal to R & L

Outro (16 counts): 1/8 Rock/ Recover x4, Knees bent & up x8

1-8 Make 1/8 turn L as you step/ rock R out to R side (6:00), recover weight onto L (12:00)

1-8 Both knees bent, up SAUNA/ Pose

You can do the whole dance with the 32 steps & the tags through the whole song (lyrics+chorus) or you do the KAJ-moves on the chorus (comes 4 times).

HAVE GREAT FUN! Contact: gitta@anvianet.fi
