

Promenade Run Samba

COPPER KNOB
BY STEPHEN BRETZ

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Tai Tsang (CAN)
音樂: Óyeme - Enrique Iglesias



All the steps used are Samba steps with Samba bounces and hip rolls.

SAMBA WHISK TO RIGHT, SAMBA WHISK TO LEFT, VOLTA SPOT TURN TO RIGHT, VOLTA SPOT TURN TO LEFT

1&2 Right foot step to right, left foot touch behind right (5th position), right foot step in place

3&4 Left foot step to left, right foot touch behind left (5th position), left foot step in place

Both arms are stretched out to the side when dancing the above steps.

5&6 ¼ turn to right, left foot touch forward still keeping weight on the ball of the right foot, right foot step in place with a ½ turn

Draw the right arm in a circular motion to help with the turn ending with right palm facing the front at chest level

7&8 ½ turn to left, right foot touch forward still keeping weight on the ball of the left foot, left foot step in place with a ½ turn

Draw the left arm in a circular motion to help with the turn ending with left palm facing the front at chest level

PROMENADE RUN TWICE

9&10 Right foot step forward, left foot touch forward diagonally with weight still on ball of right foot, right foot step forward

Both arms open out to the sides with palms facing up

11&12 ½ turn to right with left foot stepping out, right foot touch behind left with a ½ pivot turn on left, left foot step in place

Draw right arm in a circular motion to help with the turn ending with left arm stretched out at shoulder level and right arm curled up diagonally above the head

13-16 Repeat steps 9-12

SPOT TURN, SIDE SAMBA WALK, FORWARD LOCK, SIDE SAMBA WALK

17&18 Right foot step forward, left foot touch forward with a ½ pivot turn on right, right foot step in place

19&20 Left foot step forward, right foot touch on a slight angle with weight still on ball of left foot, left foot step in place

21&22 Right foot step forward, left foot slide up to right with ankles crossed, right foot step forward

23&24 Left foot step forward, right foot touch on a slight angle with weight still on ball of left foot, left foot step in place

STATIONARY SAMBA WALKS, ROLLING OFF THE ARM

25&26 Right foot step forward, left foot touch in place with weight still on ball of right foot, right foot step in place with knee slightly bent then straightened to pull back

27&28 Left foot step forward, right foot touch in place with weight still on ball of left foot, left foot step in place with knee slightly bent then straightened to pull back

29&30 ½ turn to the right with right foot stepping out, left foot step beside right with a ½ turn, step to right on a slight lunge

Draw right arm in a circular motion to help with the turn ending with left arm stretched to the side at shoulder level and right arm curled up diagonally above the head

31&32 ½ turn to left with left foot stepping out, right foot step beside left with a ½ turn, left foot step slightly forward

Draw left arm in a circular motion opposite direction to the above step to help with the turn ending with right palm facing front at chest level

REPEAT

