

Sambacha

拍數: 32 牆數: 4 級數: Improver samba
編舞者: Barry Durand (USA) & Raymond Crum Jr. (USA)
音樂: Cha Cha - Chelo



VOLTAS (CROSS & CROSS), BOTA FOGO (CROSS, SIDE ROCK)

1& Cross right over left, step left to side
On flat (or almost flat) and bend left knee, then on ball of right foot with slight rise
2&3& Repeat 1& two more times
This step feels like "drop, &drop, &drop"
4 Cross right over left
5& Cross left over right, step right to side
Bend knee slightly on cross, then on ball of right foot
6-7 Turn 1/8 left and step left in place, cross right over left
Bend knees slightly on both counts 6 and 7
& Step left to side
On ball of foot
8 Turn ¼ right and step right in place
Bend knee

MAMBO, PIVOT TURN, CHA-CHA TRIPLE

1&2 Turn 1/8 left and rock left forward, recover to right, step left together (12:00)
3&4 Rock right back, recover to left, step right together
5-6 Step left forward, turn ½ right (weight to right)
7&8 Shuffle forward left, right, left

CHA-CHA CROSSOVER BREAK, SIDE SHUFFLE, CROSS POINTS, SIDE SHUFFLE

1-2-3 Step right to side, cross/rock left over right, recover to right
4&5 Step left to side, step right together, step left to side
6-7 Cross/touch right over left, touch right to side
8& Turn ½ left and step right to side, step left together (12:00)
This can also be done like a shuffle turning ½ as the next 1 count is to the right side

HEEL JACK, TURN ¼, PRESS ARM, BACK CROSS

1 Step right to side
2&3&4 Cross left behind right, step right to side, kick left diagonally forward, step left together, cross right over left
5-6 Step left to side, turn ¼ right and step right forward
Press into the ball of the right foot while stretching right arm up and out to your side on a 45 degree angle
7-8& Step left to side, cross right behind left, step left to side

REPEAT