The Shania Traveling Samba



拍數: 48 牆數: 4 級數: Intermediate samba

編舞者: Sebastiaan Holtland (NL)

音樂: She's Not Just a Pretty Face - Shania Twain



WALK WALK ROCK AND CROSS, FULL TRAVELING IN A CIRCLE

1-2 Step right forward, step left forward

Rock right to side, recover to left, cross right over left

a5 Turn 1/8 left and cross left over right, turn 1/8 left and step right to side

a6a7a8 Repeat 'a5' three more times (completing a full circle)

a Cross left over right (12:00)

WALK, WALK, ROCK AND CROSS, HOLD, FULL SWEEP TURN, SAILOR TOUCH

1-2 Step right forward, step left forward

Rock right to side, recover to left, cross right over left Hold, sweep left front to back (beginning a full turn left)

7a8 Turn a full turn left and cross left behind right, step right to side, step left to side (12:00)

34 TRAVELING TURN, 12 TRAVELING TURN, BOTH IN A 12 CIRCLE

a1 Turn 1/8 left and cross left over right, turn 1/8 left and step right to side

a2a3 Repeat 'a1' two more times

4 Turn 1/8 left and cross left over right (4:30)

a5 Turn 1/8 right and cross right over left, turn 1/8 right and step left to side

a6a7 Repeat 'a5' two more times

8 Turn 1/8 right and cross right over left (9:00)

BREAK FORWARD RECOVER STEP BACK BREAK BACK RECOVER PLACE, TRAVELING FULL TURN IN CIRCLE OUT OUT

Rock left forward, recover to right, step left back
Rock right back, recover to left, step right together

a5 Turn 1/8 left and cross left over right, turn 1/8 left and step right to side

a6a7a8 Repeat 'a5' three more times (9:00)

WIGGLE IN PLACE ROCK AND PLACE SIDE ROCK CROSS TURN 1/8, WALK WALK ROCK STEP TURN 1/8, ¾ TRAVELING TURN

a1a2 Bump hips left, right, left, right

a3a4 Hold

Make a fist with your right hand and move your arm in front of your forehead on shoulder position

5a6 Rock right forward, recover to left, step right together

7a8 Rock left to side, recover to right, turn 1/8 right and cross left over right (10:30)

WALK, WALK, ROCK STEP, 1/8 TURN, 3/4 TRAVELING TURN

1-2 Step right forward, step left forward

Cross/rock right over left, recover to left, turn 1/8 right and step right to side
Cross left over right, unwind 1/ left and step right to side, cross left over right

a7a8 Turn ¼ left and step right to side, cross left over right, step right to side, cross left over right

(3:00)

REPEAT