

Solambada

拍數: 0
編舞者: Forty Arroyo (USA)
音樂: Lambada - Kaoma

牆數: 4

級數: Intermediate/Advanced samba



Sequence: AB, AB, AB, BC, AB, BC, BB

PART A (24 COUNTS)

PRESS LEFT, STEP TOGETHER, TOUCH, ½ TURN, CROSS, STEP, STEP, CROSS, STEP, STEP

- 1-2 Press ball of left to side while pushing hips to left, step left next to right
3-4 Touch right toe behind left, unwind ½ turn to right (weight on right)
5&6 Cross left over right, step right slightly back, step left next to right
7&8 Cross right over left, step left slightly back, step right next to left

CROSS, STEP, CROSS, CROSS & TWIST, TWIST, STEP

- 9&10 Cross left over right, step right to side, cross left over right
11& Touch right toes in front of left turning right knee in over left knee, fan right knee out
Twist body to left and right when turning right knee in and out (weight remains on left throughout 11&)
12 Step right slightly forward and in front of left (end at 6:00)

13-24 Repeat steps 1-12 (end at 12:00)

PART B (32 COUNTS)

SIDE STEP, BALL STEP, ½ TURN TOUCH, TWIST, SIDE STEP, BALL STEP, ½ TOUCH

- 1&2 Traveling toward 9:00 - step side left, step right toward left, step left to side
3 Pivot ½ turn to left (on ball of left) and touch right out to side
4 Twist both heels to left - making ½ turn to right shifting weight to right

End with weighted right crossed in front of left and facing 12:00

- 5&6 Traveling toward 9:00 - step side left, step right toward left, step left to side
7-8 Pivot ½ turn to left (on ball of left) and touch right out to side, hold
Throughout counts 1-6 keep head turned in the direction you are traveling (end at 6:00)

RIGHT TOGETHER, STEP LEFT, PUSH HIPS, RIGHT TOGETHER, STEP LEFT, RIGHT TOGETHER, STEP LEFT

- &1-2 Step ball of right next to left, step left to left pushing hips to right, push hips to right (or hold)
3 Step ball of right next to left, step left to side pushing hips to right
&4 Step ball of right next to left, step left to side pushing hips to right

TOUCH BEHIND, UNWIND ½ TURN RIGHT, ½ TURN STEP, SHIMMY

- 5-6 Touch right toe behind left, unwind ½ turn to right (weight on right)
7 (Pivoting on ball of right) step left to side turning ½ turn to right
&a8 Push right shoulder forward, back, forward (end at 6:00)

FORWARD - CROSS, ROCK, STEP (RIGHT & LEFT) - BACKWARD - CROSS, ROCK, STEP (RIGHT & LEFT)

- 1&2 Stepping forward diagonally to left - cross right in front of left, rock side left, step right in place
3&4 Stepping forward diagonally to right - cross left in front of right, rock side right, step left in place
5&6 Stepping back diagonally to left - cross right behind left, rock side left, step right in place
7&8 Stepping back diagonally to right - cross left behind right, rock side right, step left in place (end at 6:00)

SAMBA ¾ TURN - STEP, BALL STEP, BALL STEP, BALL STEP, TWIST, TWIST, BALL STEP ¼, BALL STEP ¼

- 1&2 Starting a ¾ turn to right - step slightly forward on right, step left behind right (on ball of left), step right in place turning to right
- &3 Step left behind right (on ball of left), step right in place turning to right
- &4 Step left behind right (on ball of left), step right in place turning to right
- Steps 1-4 are executed while turning to right to complete a ¾ turn (end at 3:00)**
- 29 Twisting heels to right (in place) turning ½ to left - weight on left (now at 9:00)
- 30 Twist heels to left (in place) turn ½ to right - weight on right (now at 3:00)
- &31 Ball step - step left next to right (on ball of left), step right in place turning ¼ to right
- &32 Ball step - step left next to right (on ball of left), step right in place turning ¼ to right (ending at 9:00)

PART C (16 COUNTS)

LAMBADA - PRESS, PUSH, STEP, PRESS, PUSH, STEP, KICK ¼, TRIPLE IN PLACE, KICK ¼, TRIPLE IN PLACE - REPEAT

- 1&2 Step ball of left slightly to left, push hips to left, step left next to right
- 3&4 Step ball of right slightly to right, push hips to right, step right next to left
- &5&6 While turning ¼ to left - kick left forward(&), triple in place left right left (5&6)
- &7&8 While turning ¼ to right - kick left forward(&), triple in place right left right (7&8)
- 9-161-8 Repeat steps 1-8 of part c (end at 9'oclock)

I borrowed parts of my dance "D.A.RIGHT.E. To Mambo" for Solambada. Those of you who know D.A.RIGHT.E. will know what I mean. Although I have always enjoyed this song (Lambada by Kaoma), the dance itself was inspired by the Wildman - thanks Louie, I hope you like it
