

# Solambada

COPPER KNOB  
STEPSHEETS

拍數: 0      牆數: 4  
編舞者: Forty Arroyo (USA)  
音樂: Lambada - Kaoma

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**

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