

Bosa Nova

拍數: 64 牆數: 4 級數: Improver rumba
編舞者: Phil Dennington (UK)
音樂: Blame It on the Bossa Nova - Jane McDonald



Start 16 Counts (7 seconds into track)

SIDE TOGETHER SIDE TOUCH, SIDE TOGETHER SIDE KICK

1-2 Step left to side, step right together
3-4 Step left to side, touch right together
5-6 Step right to side, step left together
7-8 Step right to side, kick left diagonally forward

SIDE CROSS SIDE KICK, BEHIND SIDE CROSS HOLD

1-2 Step left together, cross right over left
3-4 Step left to side, kick right diagonally forward
5-6 Cross right behind left, step left to side
7-8 Cross right over left, hold

MAMBO BOX

1-2 Step left to side, step right together
3-4 Step left forward, hold
5-6 Step right to side, step left together
7-8 Step right back, hold

SIDE TOGETHER SIDE HOLD, ROCK STEP, STEP HOLD

1-2 Step left to side, step right together
3-4 Step left to side, hold
5-6 Turn ¼ right and rock right back, recover to left
7-8 Step right forward, hold

LEFT FORWARD LOCK STEP HOLD, RIGHT FORWARD LOCK STEP HOLD

1-2 Step left forward, lock right behind left
3-4 Step left forward, hold
5-6 Step right forward, lock left behind right
7-8 Step right forward, hold

FORWARD MAMBO HOLD, BACK COASTER STEP HOLD

1-2 Rock left forward, recover to right
3-4 Step left together, hold
5-6 Step right back, step left together
7-8 Step right forward, hold

STEP TURN STEP HOLD, FULL TURN LEFT HOLD

1-2 Step left forward, turn ½ right (weight to right)
3-4 Step left forward, hold
5-6 Turn ½ left and step right back, turn ½ left and step left forward
7-8 Step right forward, hold

WALK HOLD X3, STOMP HOLD

1-2 Step left forward, hold
3-4 Step right forward, hold

5-6 Step left forward, hold
7-8 Stomp right together, hold

REPEAT
