

# Bosa Nova (Beginner Style)

**COPPER** KNOB  
STEPSHEETS

拍數: 32                      牆數: 2                      級數: Ultra Beginner  
編舞者: Irene Groundwater (CAN)  
音樂: Blame It on the Bossa Nova - Jane McDonald



## STOMP, HOLD, STOMP, HOLD, FORWARD, TOGETHER, FORWARD, HOLD

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

### Optional hands for the first 8 counts:

1-2: hold right hand shoulder high out to the right  
3-4: hold left hand shoulder high out to the left  
5-8: extend both hands out to the side with palms down

On counts 5-7 bend knees as going forward

## STOMP, HOLD, STOMP, HOLD, FORWARD, TOGETHER, FORWARD, HOLD

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

### Optional hands for the second 8 counts:

1-2: hold left hand shoulder high out to the left  
3-4: hold right hand shoulder high out to the right  
5-8: extend both hands out to the side with palms down

On counts 5-7 bend knees as going forward

## SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD

1-2-3-4                      Step right to side, hold, touch left toe forward, hold  
5-6-7-8                      Step left to side, hold, touch right toe forward, hold

### Optional hands for the third 8 counts

1: swing hands to right side of body  
3: snap fingers  
5: swing hands to left side of body  
7: snap fingers

### Optional steps for the third 8 counts:

1-8                      Step right to side, step left together, step right to side, touch left together, step left to side, step right together, step left to side, touch right together

Or

1-8                      Vine right, vine left

## FORWARD, HOLD, TURN ¼ LEFT, HOLD, FORWARD, HOLD, TURN ¼ LEFT, HOLD

1-2                      Step right forward, hold  
3-4                      Turn ¼ left (weight to left), hold  
5-6                      Step right forward, hold  
7-8                      Turn ¼ left (weight to left), hold

### Optional hands for the final 8 counts:

1-8: hold right hand above head making circular movements to the left

Or clap on counts 4 and 8

**REPEAT**