

Bosa Nova (Beginner Style)

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