

Bossa Nova

拍數: 64 牆數: 4 級數: Improver
編舞者: Ir Torre (SG)
音樂: Blame It on the Bossa Nova - Eydie Gorme



SIDE BASIC RIGHT AND LEFT

1-4 Step right to side, hold, step left together, step right in place
5-8 Step left to side, hold, step right together, step left in place

FORWARD AND BACK BASIC

1-4 Step right forward, hold, step left together, step right in place
5-8 Step left back, hold, step right together, step left in place

RIGHT SCISSORS, LEFT SCISSORS

1-4 Step right to side, hold, step left together, cross right over left
5-8 Step left to side, hold, step right together, cross left over right

¼-TURN RIGHT TO SIDE-STEP RIGHT, ROCK BEHIND-RECOVER, SIDE-STEP LEFT, ROCK BEHIND-RECOVER

1-4 Turn ¼ right and step right to side, hold, cross/rock left behind right, recover on right
5-8 Step left to side, hold, cross/rock right behind left, recover on left

STEP ¼-TURN RIGHT, STEP FORWARD PIVOT ½-TURN RIGHT, ¼-TURN RIGHT STEP-SIDE LEFT, STEP TOGETHER RIGHT, LEFT

1-4 Turn ¼ right and step right forward, hold, step left forward, turn ½ right (weight to right)
5-8 Turn ¼ right and step left to side, hold, step right together, step left in place

¼-ROLLING RIGHT-TURN MOVING FORWARD, ½-ROLLING LEFT-TURN MOVING FORWARD

1-4 Step right forward, hold, turn ¼ right and step left to side, step right together
5-8 Turn ¼ left and step left forward, hold, turn ¼ left and step right to side, step left together

STEP ¼-TURN RIGHT, STEP FORWARD PIVOT ½-TURN RIGHT, FORWARD-TOGETHER-FORWARD

1-4 Turn ¼ right and step right forward, hold, step left forward, turn ½ right (weight to right)
5-8 Step left forward, hold, step right together, step left forward

STEP FORWARD, PIVOT ½-TURN LEFT, STEP TOGETHER, LEFT STOMP FORWARD HOLD, STOMP TOGETHER RIGHT, LEFT

1-4 Step right forward, hold, turn ½ left (weight to left), step right together
5-6 Stomp left forward, hold

Spread both arms widely out to sides at waist level

7-8 Stomp right together, stomp left in place

REPEAT