

Let's Samba

拍數: 40 牆數: 4 級數: Improver
編舞者: Susan Bangonkale (SG)
音樂: Macarena - Los del Río : (Album: Macarena Non Stop)



Start with vocal

VOLTA FULL SPOT TURN, RIGHT AND LEFT

1&2& Step right ¼ forward, step onto ball of left in place, repeat
3&4 Step right ¼ forward, step onto ball of left in place, step right ¼ forward
5&6& Step left ¼ forward, step onto ball of right in place, repeat
7&8 Step left ¼ forward, step onto ball of right in place, step left ¼ forward

FRONT SAILOR, BACK SAILOR, RIGHT SHUFFLE, SHUFFLE ½ RIGHT TURN

1&2 Step right over left, recover weight on the left, step right to the right
3&4 Step left behind right, recover weight on the right, step left to the left
5&6 Shuffle forward, right left right
7&8 Shuffle 1/2 right, left right left

ROCK BACK, ¾ LEFT TURN, POINT, BIG STEP FORWARD PUSH LEFT HIP UP, CROSS ROCK POINT

1-2 Rock back on the right, recover on the left
3-4& ¾ left turn, point right feet next to left
5&6 Take big step forward (right), push left hip up, point right feet next to left
7&8 Cross right over left, return weight on the left and point right feet beside left

CAMEL WALK, SHOULDER ROLL, CAMEL WALK, HIP ROLL

1& Step diagonally right with left hip pushing up, drop the hip and move left feet behind right
2& Step right forward with left hip pushing up, drop the hip and move left feet behind right
3&4 Roll shoulder anti-clockwise
5& Step diagonally left with right hip pushing up, drop the hip and move right feet behind left
6& Step left forward with right hip pushing up, drop the hip and move right feet behind left
7&8 Roll hip anti-clockwise

SHUFFLE FORWARD ¼ RIGHT, REPEAT, FRONT MAMBO, FULL TURN

1&2& ¼ R turn, Shuffle forward, right left right left
3&4 ¼ R turn, Shuffle forward, right left right
5&6 Rock left forward, recover on the right, step left next to right
7-8 Full left turn