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

Step right over left, recover weight on the left, step right to the right 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& 34 left turn, point right feet next to left

Take big step forward (right), push left hip up, point right feet next to left
Cross right over left, return weight on the left and point right feet beside left

CAMEL WALK, SHOULDER ROLL, CAMEL WALK, HIP ROLL

Step diagonally right with left hip pushing up, drop the hip and move left feet behind right Step right forward with left hip pushing up, drop the hip and move left feet behind right

3&4 Roll shoulder anti-clockwise

Step diagonally left with right hip pushing up, drop the hip and move right feet behind left
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 1/4 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