

Sambastic

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michele Perron (CAN) - September 2007
音樂: Dia De Los Ninos - Project Jenny, Project Jan : (CD: XOXOXOXO)



Intro: 16 Counts

1,&,a,2: The samba 'triple' is danced on the 1,a,2

***Thank you to C.C. for the music suggestion.**

Sec. I (1- 8) ACROSS-ROCK-SIDE, PRESS, ROCK: ACROSS-ROCK-SIDE, PRESS, ROCK

1,a,2 LEFT Step across front of R, RIGHT Rock/Step side R, LEFT Recover/Step side L
3,4 RIGHT Press/Rock across front of L; LEFT Recover/Step back and behind R
5,a,6 RIGHT Step across front of L, LEFT Rock/Step side L, RIGHT Recover/Step side R
7,8 LEFT Press across front of R; RIGHT Recover/Step back and behind R

** Restart

Sec. II (9-16) ACROSS-SIDE-TURN/SIDE, ACROSS, SIDE, ACROSS-SIDE-ACROSS, SIDE, RECOVER

1,a,2 LEFT Step across front of R, RIGHT Step side R, Turn 1/4 L with LEFT Step side L (9 o'clock)
3,4 RIGHT Step across front of L; LEFT Step side L
5,a,6 RIGHT Step across front of L, LEFT Step side L, RIGHT Step across front of L
7,8 LEFT Rock/Step side L; RIGHT Recover/Step side R

Sec.III (17-24) ACROSS-TURN-BACK, HIP & HIP, BACK, FORWARD

1,a,2 LEFT Step across front of R, Turn 1/4 L with RIGHT Step back, LEFT Step back (6 o'clock)
3,a,4 RIGHT Step back with hip bump back, Hip bump centre, RIGHT Hip bump back
5,a,6 LEFT Step back with Hip bump back, Hip bump centre, LEFT Hip bump back
7,8 RIGHT Rock/Step back; LEFT Recover/Step forward

Sec.IV (25-32) TURN-TOGETHER-FORWARD, SIDE-TOGETHER-FORWARD, ROCK-RECOVER, TURN, TOUCH

1,a,2 Turn 1/4 L with RIGHT Step side R, LEFT Step beside R, RIGHT Step forward (3 o'clock)
3,a,4 LEFT Step side L, RIGHT Step beside L, LEFT Step forward
5,6 RIGHT Rock/Step forward; LEFT Recover/Step back
7,8 Turn 1/2 R with RIGHT Step forward; LEFT Toe/Touch side L (9 o'clock)

Begin Again

****Two Restarts: After second rotation, facing 6 o'clock and after fifth rotation, facing 9 o'clock, Repeat Sec.I, Counts 1-8 (both on instrumental sections).**

Ending: Dance ends on Sec.III, facing 12 o'clock, so strike a Pose and Smile!