

Sambalera

拍數: 56 牆數: 4 級數: Intermediate / Advanced
編舞者: Rob Glover (USA) & Russell Jackson - December 2008
音樂: La Vida Es Un Carnaval - Michael Chacon



(1-8) 4 Samba Basics To Complete A Half Turn Over Your Left Shoulder

- 1a2 Step forward on left foot, place weight on ball of right foot next to left, replace weight back onto left foot
- 3a4 Making ¼ turn left - Step back on right foot, place weight on ball of left foot next to right, replace weight back onto right foot
- 5a6 Step forward on left foot, place weight on ball of right foot next to left, replace weight back onto left foot
- 7a8 Making ¼ turn left - Step back on right foot, place weight on ball of left foot next to right, replace weight back onto right foot

(9-16) Forward Curving Traveling Voltas - Left And Right

- 1a2 Step forward and cross left foot in front of right, step right foot slightly to the side of left foot placing weight on ball of right, cross left foot over right
- a3 Step right foot slightly to the side of left foot placing weight on ball of right, cross left foot over right
- a4 Step right foot slightly to the side of left foot placing weight on ball of right, cross left foot over right
- 5a6 Step forward and cross right foot in front of left, step left foot slightly to the side of right foot, placing weight on ball of left, cross right foot over left
- a7 Step left foot slightly to the side of right foot, placing weight on ball of left, cross right foot over left
- a8 Step left foot slightly to the side of right foot, placing weight on ball of left, cross right foot over left

(17-24) 2 Spot Turns Left And Right, ½ Turn Botafogo Left, 2 Promenade Samba Walks – Right Left

- 1a2 Make ½ turn over left shoulder stepping forward on left foot, make ¼ turn left stepping weight on ball of right foot next to left, make ¼ turn left stepping forward on left foot to complete full turn
- 3a4 Make ½ turn over right shoulder stepping forward on right foot, make ¼ turn right stepping weight on ball of left foot next to right, make ¼ turn right stepping forward on right foot to complete full turn
- 5a6 ¼ turn left stepping forward left foot, step right to right side placing weight on ball of right foot, make ¼ turn left stepping forward on left foot
- 7-8 Walk forward right, walk forward left

(25-32) 2 Travelling Botafogo's Forward, ½ Box Step (Slow, Quick, Quick, Slow, Quick, Quick)

- 1a2 Step forward on right foot crossing right over left, step left foot to left side placing weight on ball of left foot, step right foot to right side
- 3a4 Step forward on left foot crossing left over right, step right foot to right side placing weight on ball of right foot, step left foot to left side
- 5,6& Cross right foot over left making ¼ turn right, step back on left foot, close right foot next to left placing weight on right foot
- 7,8& Step diagonally back on left foot to left diagonal, make ¼ turn over left shoulder stepping forward on right, close left foot next to right placing weight on left foot

(33-40) 2 Travelling Botafogo's Forward, ½ Box Step (Slow, Quick, Quick, Slow, Quick, Quick)

- 1a2 Step forward on right foot crossing right over left, step left foot to left side placing weight on ball of left foot, step right foot to right side

- 3a4 Step forward on left foot crossing left over right, step right foot to right side placing weight on ball of right foot, step left foot to left side
- 5,6& Cross right foot over left making $\frac{1}{4}$ turn right, step back on left foot, close right foot next to left placing weight on right foot
- 7,8& Step diagonally back on left foot to left diagonal, make $\frac{1}{4}$ turn over left shoulder stepping forward on right, close left foot next to right placing weight on left foot

(41-48) 'Corte Jaca' Forward & Reverse

- 1,2& Step forward on right foot, dig left heel forward, replace weight on ball of right foot
- 3&4& Stepping slightly back on left foot place weight on ball of left, replace weight back onto ball of right foot, dig left heel forward, replace weight on ball of right foot
- 5,6& Step back on left foot, step back with right placing weight on ball of right foot, replace weight back onto ball of left foot
- 7&8& Dig right heel forward, replace weight back onto ball of left foot, step back on right placing weight on ball of right foot, step forward left

(49-56) 2 Samba Wisk's, $\frac{3}{4}$ Spot Turn Right, Close Change

- 1a2 Step right foot to right side, cross left foot behind right placing weight on ball of left foot, replace weight back onto right foot
- 3a4 Step left foot to left side, cross right foot behind left placing weight on ball of right foot, replace weight back onto ball of left foot
- 5a6 Make a $\frac{1}{4}$ turn right stepping forward on right foot, make $\frac{1}{2}$ turn right stepping back placing weight on ball of left foot, step forward right
- 7-8 Walk forward left, close right foot next to left placing weight on right foot.

Start Over – Have Fun & Enjoy the Dance!
