

Bossa Nova Twist

拍數: 48 牆數: 4 級數: Improver
編舞者: Ria Vos (NL) - September 2010
音樂: Bossa Nova Baby - James Reyne : (Album: TCB)



Intro: 48 counts

Back Toe Struts, Coaster Step, Scuff, Hitch, Touch Back, Full Turn L

1&2& Step Back on R Toe, Drop R Heel, Step Back on L Toe, Drop L Heel
3&4 Step Back on R, Step L Next to R, Step Fwd on R
5&6 Scuff L Next to R, Hitch L, Touch L Toe Back
7&8 ½ Turn L Stepping weight on L, Step R Next to L, ½ Turn Left Step Fwd on L

Shuffle Fwd, Step ¼ Turn R, Cross, Point, Touch, Hitch, Together, Side Mambo

1&2 Step Fwd on R, Step R Next to L, Step Fwd on R
3&4 Step Fwd on L, Pivot ¼ Turn Right, Cross L Over R (3:00)
5&6& Point R to Right Side, Touch R Next to L, Hitch R, Step R Next to L
7&8 Rock L to Left Side, Recover on R, Step L Next to R

Swivel ¼ Turn R, Stomp, Heel Switches, Swivel ¼ Turn R, Stomp, Kick-Ball-Step

1&2 Swivel R Heel to R Side, Swivel R Toe Into ¼ Turn Right, Stomp L Next to R (6:00)
3&4& Touch R Heel Fwd, Step R next to L, Touch L Heel Fwd, Step L Next to R
5&6 Swivel R Heel to R Side, Swivel R Toe Into ¼ Turn Right, Stomp L Next to R (9:00)
7&8 Kick R Fwd, Step on Ball of R Next to L, Step Fwd on L

Pivot ½ Turn L, Step, Shuffle Fwd, Toe Heel Cross, Coaster Cross

1&2 Step Fwd on R, Pivot ½ Turn L, Step Fwd on R (3:00)
3&4 Shuffle Fwd Stepping L,R,L
5&6 Touch R Toe Next to L -Heel Turned Out, Touch R Heel to R Diag, Cross R Over L
7&8 Step Back on L, Step R Next to L, Cross L Over R

R Side, Cross Rock Back, Point, Point, L Side, Cross Rock Back, Point, Point (***)

1-2& Step R Big Step to Right Side, Cross Rock Back on L, Recover on R
3-4 Point L Toe Fwd to Left Diagonal, Point L Toe Back to Right Diagonal
5-6& Step L Big Step to Left Side, Cross Rock Back on R, Recover on L
7-8 Point R Toe Fwd to Right Diagonal, Point R Toe Back to Left Diagonal

R Side, Heel Toe Hitch, L Side, Heel Toe Hitch, Side Bumps, ½ Turn R, Side Bumps

1&2& Step R to Right Side, Swivel L Heel Towards R, Swivel L Toe Towards R, Hitch L
3&4& Step L to Left Side, Swivel R Heel Towards L, Swivel R Toe Towards L, Hitch R
5&6 Step R to Right Side Bump Hips R, Bump L, Bump R (weight on R)
&7&8 ½ Turn R Hitch L, Step L to Left Side Bump L, Bump R, Bump L (weight on L) (9:00)

***Note: After wall 4 (12:00) you only dance the last 16 counts of the dance (so you'll start with count 33) till the end of the music.