

Say Hey Samba

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Paul McAdam (UK) - November 2010
音樂: Say Hey (I Love You) - Michael Franti & Spearhead : (3:40)



Count in: 16 Counts from start of beat.

[1-8] ROCKING CHAIR X2 ¼ TURN, SHUFFLE, STEP ¼ CROSS

- 1&2& Rock forward on left heel, recover weight onto right, rock back on left foot, recover weight onto right
- 3&4& Make a ¼ turn left and rock forward on left heel, recover weight onto right, rock back on left foot, recover weight onto right
- 5&6 Left shuffle forward
- 7&8 Step forward on right foot, pivot ¼ turn left (taking weight on left) cross right foot over left

[9-16] SAMBA BASICS X2, 2 X WALKS, SHUFFLE

- 1a2 Step left foot to left side, quick rock back on right foot, recover weight onto left
- 3a4 Step right foot to right side, quick rock back on left foot, recover weight onto right
- 5,6 Walk forward left, walk forward right
- 7&8 Left shuffle forward

[17-24] STEP ½ TURN STEP, MAMBO STEP, STEP LOCK FULL TURN AROUND

- 1&2 Step forward on right foot, pivot ½ turn left, step forward on right foot
- 3&4 Rock forward on left foot, recover weight onto right, step left foot next to right
- 5&6&7&8 Turning to the right and gradually making a full turn in a circle, step-lock-step-lock-step-lock-step (RLRLRLR)

[25-32] SIDE-ROCK-CROSS, SIDE ¼ TURN STEP, STEP ½ TURN BACK, STEP ½ TURN FORWARD

- 1&2 Rock left foot to left side, recover weight onto right, cross left foot over right
- 3&4 Rock right foot to right side, make a ¼ turn left and recover weight onto left, step forward on right
- 5&6 Step forward on left foot, make a ½ turn left and step back on right foot, walk back on left
- 7&8 Step back on right foot, make a ½ turn left and step forward on left foot, step forward on right foot

END OF DANCE

RESTART on 7th Wall after count 28 (step forward on right). Your basically cutting out the last 4 counts of the dance.