

Sweet Taboo

拍數: 32
牆數: 2
編舞者: Michael Barr (USA) - June 2011
音樂: The Sweetest Taboo - Sade

級數: Intermediate Samba Rhythm



Note: Below you will see there are 3 Samba sets of 8 that use the count of 1a2.

For yours truly and maybe many others the difference in this count and the more familiar count of 1&2 is pretty subtle.

But the more I dance the Samba rhythm the more I feel the difference.

As an instructor I also like the cadence of the "a" as it conveys to the dancer more of what the rhythm feels like. I look at it this way.

The count 1&a2 has 4 parts.

If you take the "&" away you would dance the 1a2. The "a" is after the "&" so just wait for the "a" to happen and you're on the beat.

Also, I think of the count 1a2, 3a4, etc., as Down-Up-Flat, Down-Up-Flat..... Counts 17-24 are counted 1&2 because the steps are not true Samba steps.

Intro: 48 counts

[1-8] 4 FORWARD TRAVELING BOTA FOGOS

- 1 a 2 Step R forward to left diagonal; Step ball of L side left (raise left hip); Return weight to R in place
- 3 a 4 Step L forward to right diagonal; Step ball of R side right (raise right hip); Return weight to L in place
- 5 a 6 Step R forward to left diagonal; Step ball of L side left (raise left hip); Return weight to R in place
- 7 a 8 Step L forward to right diagonal; Step ball of R side right (raise right hip); Return weight to L in place

Note: Although you are stepping to the diagonals on 1,3,5,7, keep your body mostly squared up on the front wall.

[9-16] SIDE SAMBA WALKS – SAMBA FORWARD 1/4 RIGHT, SAMBA BACK 1/4 RIGHT

- 1 a 2 Step R forward; Step ball of L side left; Turn ¼ right stepping onto R in place 3 o'clock
- 3 a 4 Step L forward; Step ball of R side right; Turn ¼ left stepping onto L in place 12 o'clock
- 5 a 6 Step R forward; Turn ¼ right as you step on the ball of L; Step R next to L 3 o'clock
- 7 a 8 Step L back; Turn ¼ right stepping R side right; Step L next to R 6 o'clock

[17-24] SCISSORS CROSS, 1/2 TURN POINT – 1/4-FORWARD-1/4, CROSS & CROSS

- 1 & 2 Step R side right; Step ball of L next to R; Step R in front of L (prep for ½ turn right)
- 3 & 4 Turn ¼ right & step back on L; Turn ¼ right & step R side right (R knee bent); Point L side left (prep) 12 o'clock
- 5 & 6 Turn ¼ left onto L in place; Step R forward; Turn ¼ left taking weight onto L 6 o'clock
- 7 & 8 Cross R in front of L; Step L side left; Cross R in front of L

[25-32] SAMBA WHISK LEFT & RIGHT – FULL TURNING VOLTA

- 1 a 2 Step L side left (down); Step ball of R behind left heel (up); Return weight to L in place (flat)
- 3 a 4 Step R side right (down); Step ball of L behind right heel (up); Return weight to R in place (flat)
- 5 a Turn ¼ left stepping on L in place; Step ball of R behind L heel
- 6 a Turn ¼ left stepping on L in place; Step ball of R behind L heel
- 7 a Turn ¼ left stepping on L in place; Step ball of R behind L heel
- 8 Turn ¼ left stepping on L in place

Begin Again and Enjoy!

Music note: The last minute of the song is an instrumental so I fade the song at 3:15. Contact me for more info.

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