

La Pli Si Tol

拍數: 48 牆數: 2 級數: Improver Samba rhythm
編舞者: Maryloo (FR) - August 2011
音樂: La pli si tol - Chiktay : (CD: En mode zouk rétro by DJ Halan & DJ Jairo)



Start dancing on lyrics

BASIC SAMBA (RIGHT, LEFT), VOLTA STEP(X4) MAKING A FULL TURN RIGHT

- 1 2& Step right to side, cross left behind right, step right in place
3 4& Step left to side, cross right behind left, step left in place
5&6& Turn ¼ right and step right forward, step left together, turn ¼ right and step right forward, step left together
7&8 Turn ¼ right and step right forward, step left together, turn ¼ right and step right forward

BASIC SAMBA (LEFT, RIGHT), VOLTA STEP(X4) MAKING A FULL TURN LEFT

- 1 2& Step left to side, cross right behind left, step left in place
3 4& Step right to side, cross left behind right, step right in place
5&6& Turn ¼ left and step left forward, step right together, turn ¼ left and step left forward, step right together
7&8 Turn ¼ left and step left forward, step right together, turn ¼ left and step left forward

CROSSES TO LEFT(WITH SHIMMY), EXTENDED SYNCOPATED WEAVE TO RIGHT

- 1&2& Cross right over left, step left to side, cross right over left, step left to side
3&4 Crossing chassé right, left, right
5&6& Cross left over right, step right to side, cross left behind right, step right to side
7&8 Cross left over right, step right to side, cross left behind right

RIGHT SAILOR, LEFT SAILOR TURN ¼ LEFT, VAUDEVILLES (RIGHT, LEFT,)

- 1&2 Right sailor step
3&4 Cross left behind right, turn ¼ left and step right together, step left forward
5&6& Cross right over left, step left to side, touch right heel diagonally forward, step right together
7&8 Cross left over right, step right to side, touch left heel diagonally forward

CROSSES TO LEFT (WITH SHIMMY), EXTENDED SYNCOPATED WEAVE TO RIGHT

- &1&2& Step left together, cross right over left, step left to side, cross right over left, step left to side
3&4 Crossing chassé right, left, right
5&6& Cross left over right, step right to side, cross left behind right, step right to side
7&8 Cross left over right, step right to side, cross left behind right

RIGHT SAILOR, LEFT SAILOR TURN ¼ LEFT, SYNCOPATED JUMP JACK FORWARD & BACK (2X)

- 1&2 Right sailor step
3&4 Cross left behind right, turn ¼ left and step right together, step left forward
&5&6 Small step right forward, step left together, small step right back, step left together
&7&8 Small step right forward, step left together, small step right back, step left together

REPEAT

Last Revision - 27th March 2013