

El Samba de M

拍數: 64 牆數: 2 級數: Intermediate - samba
編舞者: Raymond Sarlemijn (NL) & Line Sarlemijn (NL) - April 2012
音樂: Maria - Andy Fortuna : (Latin jam)



alt track:- Vive El Verano by Paulina Rubio.

S1:Samba whisks, samba lock with flick, cross, side, behind.

1 RF step right.
a LF behind RF.
2 RF step in place.
3 LF step left.
a RF behind LF.
4 LF step in place.
5 RF step forward.
a LF lock behind RF.
6 LF flick behind.
7 LF cross in front RF.
a RF step right.
8 1/8 turn left, LF step backwards, facing 23:00.

S2: Behind, side, forward, cross, side, behind, behind, side, forward, mambo step.

& Hitch up RF
1 RF step backwards, facing 23:00.
& 1/8 turn left, LF step left, facing 21:00.
2 1/8 turn left, RF step forward, facing 19:30.
3 LF cross in front RF.
a RF step right.
4 1/8 turn left, LF step backwards, facing 16:30.
& Hitch up RF
5 RF step backwards, facing 16:30.
& 1/8 turn left, LF step left, facing 15:00.
6 1/8 turn left, RF step forward, facing 12:00.
7 LF rock forward.
& Recover weight on RF.
8 LF next RF.

S3: Corta jaca, ¼ turn right, corta jaca, ¼ turn right, botafogos right and left.

1 R heel forward.
& 1/8 turn right, LF step in place.
2 1/8 turn right, RF step backwards.
& Recover weight on LF.
3 R heel forward.
& 1/8 turn right, LF step in place.
4 1/8 turn right, RF step right.
5 LF cross in front RF.
a RF step right.
6 LF step in place.
7 RF cross in front LF.
a LF step left.
8 RF step in place.

S4: 1 ¼ turn Traveling samba locks, hold, hip rolls.

- 1 LF cross in front RF.
- 2 ¼ turn right, RF step forward.
- & LF close behind RF.
- 3 ¼ turn right, RF step forward.
- & LF close behind RF.
- 4 ¼ turn right, RF step forward.
- & LF close behind RF.
- 5 ¼ turn right, RF step forward.
- 6 ¼ turn right, LF step out left, facing 15:00.
- 7 Roll hips to left, forward and back (figure 8).
- & Roll hips to right, forward and back (figure 8).
- 8 Roll hips to left, forward and back.

S5: Cross and point, cross and point, ½ turn right, cross and point, cross and point.

- 1 RF cross in front LF.
- a LF step left.
- 2 RF touch in front.
- & RF close LF
- 3 LF cross in front RF.
- a RF step right.
- 4 LF touch in front.
- & LF close RF.
- 5 ¼ turn right, RF step in place.
- a ¼ turn right, LF step in place.
- 6 RF touch in front.
- & RF close LF.
- 7 LF cross in front RF.
- a RF step right.
- 8 LF touch in front.

S6: Progressive samba walks, twist chasse, ½ turn coaster turn, leg twist.

- & LF close RF.
- 1 RF step forward.
- 2 LF step forward.
- 3 RF step forward.
- & LF next to RF, while doing this twist heels to right.
- 4 RF step forward.
- 5 LF step forward.
- & Turn ½ over right, RF close LF.
- 6 LF step forward.
- & RF lock forward LF, while doing this twists both heels to right.
- 7 Twist both heels back in the middle.
- & RF lock forward LF, while doing this twists both heels to right.
- 8 Twist both heels back in the middle and put weight on RF.

S7: Mambo, mambo, kick ball change, body tic, and chance.

- 1 LF step forward.
- & Recover weight on RF.
- 2 LF close RF.
- 3 RF step backwards.
- & Recover weight on LF.
- 4 Kick RF forward.
- & RF close LF.

- 5 LF touch forward, while doing this, chest up.
- & Stand normal.
- 6 Bounce hips back.
- & Stand normal.
- 7 Bounce chest up.
- & LF close RF.
- 8 RF step forward.

S8: Progressive basic movement (progressive sailor steps) with turns.

- 1 LF step forward.
- & $\frac{3}{4}$ turn right, RF close LF.
- 2 LF step left, while doing this make ronde with RF.
- 3 RF cross behind LF.
- & LF close RF.
- 4 $\frac{1}{4}$ turn left, RF step right, while doing this make ronde with LF.
- 5 LF cross behind RF.
- & RF close LF.
- 6 $\frac{1}{4}$ turn right, LF step backwards.
- 7 RF cross behind LF.
- & LF close RF.
- 8 RF touch next LF.

Start again and have fun, for video's go to

1 restart in wall 3 after 16 counts.

Contact: www.raymondsarlemijn.com or www.youtube.com Or go to www.google-video.com
