Let's Samba



拍數: 64 牆數: 2 級數: Intermediate / Advanced

編舞者: Darrel Winson (UK) - April 2013 音樂: Skip to the Bip - Club des Belugas



Intro: Approx 16 sec, start with the heavy beats

OUTSET (16 COUNTS)

PADDLE FULL TURN L WITH CHEST POP/HIP THRUST X2

Turn ¼ L touching R toes beside L foot, pop your chest or thrust your hips to R upward (9.00)
Turn ¼ L touching R toes beside L foot, pop your chest or thrust your hips to R upward (6.00)
Turn ¼ L touching R toes beside L foot, pop your chest or thrust your hips to R upward (3.00)
Turn ¼ L touching R toes beside L foot, pop your chest or thrust your hips to R upward

(12.00)

Repeat the above set for one more time.

MAIN DANCE (64 COUNTS)

SEC 1: CROSS SAMBA X2, CROSS SHUFFLE, ½ L CROSS SHUFFLE

1a2 Cross R foot over L foot, rock L foot to L side, recover weight on R foot (12.00) – travelling

forward

3a4 Cross L foot over R foot, rock R foot to R side, recover weight on L foot (12.00) – travelling

forward

5a6 Cross R foot over L foot, step L foot to L side, cross R foot over L foot (12.00)

7a8 Turn ½ L over L shoulder and cross L foot over R foot, step R foot to R side, cross L foot over

R foot (6.00)

SEC 2: SAMBA WHISK X2, FULL TURN R VOLTA

Step R foot to R side, rock L foot behind R foot, recover weight on R foot (6.00)

Step L foot to L side, rock R foot behind L foot, recover weight on L foot (6.00)

5a6a7a8 Turn ¼ R stepping R foot forward, lock L foot behind R foot, turn ¼ R stepping R foot

forward, lock L foot behind R foot, turn 1/4 R stepping R foot forward, lock L foot behind R foot,

turn 1/4 R stepping R foot forward (6.00) ***It is like making a full turn R curve***

SEC 3: MAMBO STEPS, BOTAFOGO, SIDE CHASSE

Rock L foot forward, recover weight on R foot, step L foot beside R foot (6.00)

Rock R foot backward, recover weight on L foot, step R foot beside L foot (6.00)

Rock L foot to L side, recover weight on R foot, cross L foot over R foot (6.00)

Step R foot to R side, step L foot beside R foot, step R foot to R side (6.00)

SEC 4: PROGRESSIVE CHASSE TURN L. BACK BOOTY POPPING. 1/4 TURN R AND TOUCH

1a2a Cross L foot over R foot, step R foot to R side, turn 1/8 L stepping L foot back, lift up R knee

(4.00)

3a4 Cross R foot behind L foot, turn 1/8 L stepping L foot forward, step R foot forward (3.00) –

weight on R foot

&a5 Step and rock L foot back, step and rock R foot forward, step L foot back while popping R

knee forward (3.00)

&a6 Step and rock R foot back, step and rock L foot forward, step R foot back while popping L

knee forward (3.00)

&a7 Step and rock L foot back, step and rock R foot forward, step L foot back while popping R

knee forward (3.00)

Booty shaking can be applied on these steps. (&a5, &a6, &a7)

Easier option: Do back popping

a8 Turn ¼ R stepping R foot to R side, touch L toes beside R foot (6.00)

SEC 5: KICK BALL TOUCH, FULL TURN SPIN R, HITCH BALL BACK ROCK X2

1a2 Kick L foot forward, step L foot in place, point R toes to R side (6.00)

Turn ¼ R stepping R foot forward, turn ½ R stepping L foot back, turn ¼ R stepping R foot to

R side (6.00)

Lift L knee up, step back L foot, rock R foot back, recover weight on L foot (6.00)

Lift R knee up, step back R foot, rock L foot back, recover weight on R foot (6.00)

SEC 6: 1/2 TURN L VOLTA, SYNCOPATED CROSSING SHUFFLE, HITCH

1a2a3a4 Turn 1/8 L stepping L foot forward, lock R foot behind L foot, turn 1/8 L stepping L foot

forward, lock R foot behind L foot, turn 1/8 L stepping L foot forward, lock R foot behind L foot, turn 1/8 L stepping L foot forward (12.00) ***It is like making a ½ turn L curve***

5a6a7a8a Cross R foot over L foot, step L foot to L side, cross R foot over L foot, step L foot to L side,

cross R foot over L foot, step L foot to L side, cross R foot over L foot, lift L knee up (12.00) -

travelling to L side

Optional: Shimmy your shoulders as doing the syncopated crossing shuffle.

SEC 7: FULL TURN L DIAMOND STEPS

1a2a Cross L foot over R foot, step R foot to R side, turn 1/8 L stepping L foot back, lift up R knee

(10.00)

3a4a Cross R foot behind L foot, turn ¼ L stepping L foot forward, step R foot forward, lift L knee

up (7.00)

5a6a Cross L foot over R foot, turn ¼ L stepping R foot to R side, step L foot back, lift up R knee

(4.00)

7a8a Cross R foot behind L foot, turn ¼ L stepping L foot forward, step R foot forward, lift L knee

up (1.00)

SEC 8: 1/8 L TURN, CORTA JACA, CROSS WEAVE, 1/4 TURN R, PIVOT 1/4 TURN R, STEP AND HITCH

Turn 1/8 L rocking L heel forward, recover weight on R foot, rock L foot back, recover weight

on R foot (12.00)

Rocking L heel forward, recover weight on R foot, rock L foot back, recover weight on R foot

(12.00)

5a6a Cross L foot over R foot, step R foot to R side, cross L foot behind R foot, turn 1/4 R stepping

R foot forward (3.00)

7a8a Step L foot forward, turn ¼ R, step L foot forward, lift R knee up (6.00)

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