

Bosa Nova

64 count, 4 wall, intermediate level

Choreographer: Phil Dennington (UK), July 2005

Choreographed to: Blame It On The Bosa Nova by Jane McDonald

Start 16 Counts (7 seconds into track)

SIDE TOGETHER SIDE TOUCH, SIDE TOGETHER SIDE KICK

- 1-2 Step left to left, step right beside left
- 3-4 Step left to left, touch right beside left
- 5-6 Step right to right, step left beside right
- 7-8 Step right to right, kick left out to left (diagonally)

SIDE CROSS SIDE KICK, BEHIND SIDE CROSS HOLD

- 1-2 Step down on left, cross step right over left
- 3-4 Step left to left, kick right out to right (diagonally)
- 5-6 Cross step right behind left, step left to left
- 7-8 Cross step right over left, hold

MAMBO BOX

- 1-2 Step left to left, step right beside left
- 3-4 Step forward left, hold
- 5-6 Step right to right, step left beside right
- 7-8 Step back right, hold

SIDE TOGETHER SIDE HOLD, SAILOR STEP HOLD

- 1-2 Step left to left, step right beside left
- 3-4 Step left to left, hold
- 5-6 Turning 1/4 right step back right, step in place left
- 7-8 Step forward right, hold

LEFT FORWARD LOCK STEP HOLD, RIGHT FORWARD LOCK STEP HOLD

- 1-2 Step forward left, lock right behind left
- 3-4 Step forward left, hold
- 5-6 Step forward right, lock left behind right
- 7-8 Step forward right, hold

FORWARD MAMBO HOLD, BACK COASTER STEP HOLD

- 1-2 Rock forward left, recover in place right
- 3-4 Step left beside right, hold
- 5-6 Step back right, step left beside right
- 7-8 Step forward right, hold

STEP TURN STEP HOLD, FULL TURN LEFT HOLD

- 1-2 Step forward left, pivot 1/2 right
- 3-4 Step forward left, hold
- 5-6 Turning 1/2 left step back right, turning 1/2 left step forward left
- 7-8 Step forward right, hold

WALK HOLD x3, STOMP HOLD

- 1-2 Walk forward left, hold
- 3-4 Walk forward right, hold
- 5-6 Walk forward left, hold
- 7-8 Stomp right beside left (taking weight), hold

Quelle:

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