Bosa Nova (情定巴塞那娃) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Phil Dennington (UK) - 2005年12月
Music: Blame It on the Bossa Nova - Jane McDonald

前奏： Start 16 Counts (7 seconds into track)

第一段 SIDE TOGETHER SIDE TOUCH, SIDE TOGETHER SIDE KICK
側 併 側 點, 側 併 側 踢

1-2 Step left to left, step right beside left 左足左踏, 右足併踏
3-4 Step left to left, touch right beside left 左足左踏, 右足併點
5-6 Step right to right, step left beside right 右足右踏, 左足併踏
7-8 Step right to right, kick left out to left (diagonally)
右足右踏, 左足左斜角線踢

第二段 SIDE CROSS SIDE KICK, BEHIND SIDE CROSS HOLD
側 交叉 側 踢, 後 側 交叉 候

1-2 Step down on left, cross step right over left
左足踏, 右足於左足前交叉踏
3-4 Step left to left, kick right out to right (diagonally)
左足左踏, 右足右斜角線踢
5-6 Cross step right behind left, step left to left
右足於左足後交叉踏, 左足左踏
7-8 Cross step right over left, hold 右足於左足前交叉踏, 候

第三段 MAMBO BOX 曼波方塊

1-2 Step left to left, step right beside left 左足左踏, 右足併踏
3-4 Step forward left, hold 左足前踏, 候
5-6 Step right to right, step left beside right 右足右踏, 左足併踏
7-8 Step back right, hold 右足後踏, 候

第四段 SIDE TOGETHER SIDE HOLD, SAILOR STEP HOLD
側 併 側 候, 水手步 候

1-2 Step left to left, step right beside left 左足左踏, 右足併踏
3-4 Step left to left, hold 左足左踏, 候
5-6 Turning ¼ right step back right, step in place left
右轉90度右足後踏, 左足併踏
7-8 Step forward right, hold 右足前踏, 候

第五段 LEFT FORWARD LOCK STEP HOLD, RIGHT FORWARD LOCK STEP HOLD
左前鎖步, 候, 右前鎖步, 候

1-2 Step forward left, lock right behind left
左足前踏, 右足於左足後鎖踏
3-4 Step forward left, hold 左足前踏, 候
5-6 Step forward right, lock left behind right
右足前踏, 左足於右足後鎖踏
7-8 Step forward right, hold 右足前踏, 候

第六段　FORWARD MAMBO HOLD, BACK COASTER STEP HOLD
前曼波 候, 後海岸步 踏 候

1-2　Rock forward left, recover in place right 左足前下沉, 右足回復

3-4　Step left beside right, hold 左足併踏, 候

5-6　Step back right, step left beside right 右足後踏, 左足併踏

7-8　Step forward right, hold 右足前踏, 候

第七段　STEP TURN STEP HOLD, FULL TURN LEFT HOLD
踏 轉 踏 候, 左轉圈 候

1-2　Step forward left, pivot ½ right 左足前踏, 右轉180度

3-4　Step forward left, hold 左足前踏, 候

5-6　Turning ½ left step back right, turning ½ left step forward left
左轉180度右足後踏, 左轉180度左足前踏

7-8　Step forward right, hold 右足前踏, 候

第八段　WALK HOLD x3, STOMP HOLD 走, 候 三次, 重踏, 候

1-2　Walk forward left, hold 左足前走, 候

3-4　Walk forward right, hold 右足前走, 候

5-6　Walk forward left, hold 左足前走, 候

7-8　Stomp right beside left (taking weight), hold 右足重踏, 候