

# Sabado Senior

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**Count:** 32      **Wall:** 1      **Level:** Beginner - Samba style

**Choreographer:** Tony Wilson , (USA) 9th Aug 2012

**Music:** Sabado by Jody Bernal, (94 bpm)

**\*\* For the Delaware Diamond Dancers \*\***

**Start on vocals - The dance is adapted from my SABADO 4 wall line dance**

**SNAKE ROLLS R&L, SIDE TOG. SIDE TOUCH**

- 1      Step R to right...arms above head hands with palms together up to right L hip to left L shoulder up
- &2      Arms above head hands together to left R hip to right R shoulder up,...shift weight to L
- &3      Arms above head hands together to right L hip to left L shoulder up,...shift weight to R
- &4      Arms above head hands together to left R hip to right R shoulder up,...shift weight to L
- &      Drop hands to chest level
- 5      Step R to right...L shoulder up L hip to left
- 6      Step L next to R...R shoulder up R hip to right,
- 7      Step R to right...L shoulder up L hip to left
- 8      Touch L next to R...R shoulder up R hip to right

**Counts 1-4... Hands, arms and body moving like a snake**

**SIDE TOG. SIDE TOUCH, 1/2 TURN 1/2 TURN LEFT**

- 9      Step L to left...R shoulder up R hip to right
- 10      Step R next to L...L shoulder up L hip to left
- 11      Step L to left...R shoulder up R hip to right
- 12      Touch R next to L...L shoulder up L hip to left
- 13-14      Pivot 1/2 left...R hip out as you turn
- 15-16      Pivot 1/2 left...R hip out as you turn

**Counts 1-16...Latin hips!**

**5-16option...Hands lightly clenched, rolling at chest level**

### **SAMBA STEPS R &L, CROSS SHUFFLE RLR SIDE SWAY**

- 17&18** Cross R over L, recover on L, step R next to L
- 19&20** Cross L over R, recover on R, step L next to R
- 21&22** Cross R over L, step L slightly left, cross R over L
- 23-24** Step L to side L hip to left, step R to side R hip to right

### **SAMBA STEPS L&R, CROSS SHUFFLE LRL SIDE SWAY**

- 25&26** Cross L over R, recover on R, step L next to R
- 27&28** Cross R over L, recover on L, step R next to L
- 29&30** Cross L over R, step R slightly right, cross L over R
- 31-32** Step R to right R hip to right, step L to left L hip to left

**Start again**

**The dance ends on count 1 as you step R to right**

**Contact: email: [tonyukw@juno.com](mailto:tonyukw@juno.com) - [www.tucsondancer.com](http://www.tucsondancer.com)**