

Danca Sol E Mar (Sea & Sun Dance)

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Count: 56 **Wall:** 4 **Level:** Intermediate

Choreographer: Jaszmine Tan (November 2017)

Music: Kaoma - Lambada

Intro : 8 count - Restart after 48 count on wall 4

SEC 1 : LAMBADA BASIC STEPS , ¼ TURN L LAMBADA BASIC STEPS

- 1 & 2** Step on R with hip to R, Step on L with hip to L, Step on R with hip to R (L foot is slightly off the floor)
- 3 & 4** Repeat steps 1&2 starting with the L foot
- 5 & 6** Step on R with hip to R with 1/4 L, Step on L with hip to L, Step on R with hip to R (L foot is slightly off the floor (9))
- 7 & 8** Repeat steps 1&2 starting with the L foot

SEC 2 : CROSS ROCK R OVER L (2X), CROSS ROCK L OVER R (2X) WITH HIPS

- 1 & 2** Weight on L, cross R diagonal over L, recover, step back on R [moving R hips forward &back]
- 3 & 4** Repeat steps 1 & 2 (end weight on R)
- 5 & 6** Weight on R, cross L diagonal over R, recover, step back on L [moving L hips forward &back]
- 7 & 8** Repeat steps 3 & 4 (end weight on L)

SEC 3 : 1/2 TURNING R, 1/2 TURNING L

- 1& 2&** Make 1/8 turn R step R forward, step L next to R, make a 1/8 turn R, step R forward, step L next to R
- 3 & 4** Make a 1/8 turn R step R forward, step L next to R, make a 1/8 turn R step R forward (3)
- 5& 6&** Make 1/8 turn L step L forward, step R next to L, make a 1/8 turn L, step L forward, step R next to L
- 7 & 8** Make a 1/8 turn L step L forward, step R next to L, make a 1/8 turn L step L forward (9)

SEC 4 : SYNCOPATED ROCK STEP R L, MAMBO R, MAMBO L 1/4 R

- 1 & 2** Press R forward, recover on L, step R next to L
- 3 & 4** Press L forward, recover on R, step on L
- 5 & 6** Rock R to R, recover on L, step R next to L
- 7 & 8** Rock L to L with 1/4 turning R, recover on R, step L next R (12)

SEC 5 : R HIP BUMP, BEHIND SIDE CROSS, L HIP BUMP, BEHIND SIDE CROSS

- 1 & 2** Press R to R with 2 hips bump (weight on L)
- 3 & 4** Cross R behind L, step L to L, cross R over L
- 5 & 6** Press L to L with 2 hips bump (weight on R)
- 7 & 8** Cross L behind R, step R to R, cross L over R

SEC 6 ; HIP ROLL TURNING 3/4 L

- 1 - 8** Weight on L, step R to R and roll hips as you move and turning 3/4 L in 8 count (3)

Restart after SEC 6 on wall 4 (facing 12)

SEC 7 : CROSS ROCK R OVER L, RECOVER, CROSS ROCK L OVER R, RECOVER (2X)

- 1 & 2** Cross R over L, recover on L, step R to R
- 3 & 4** Cross L over R, recover on R, step L to L
- 5 & 6** Cross R over L, recover on L, step R to R
- 7 & 8** Cross L over R, recover on R, step L to L

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