

More & More (‘Cada vez mais’)

32 count, 1 wall, beginner level

Choreographer: William Sevone (May 2006)
Choreographed to: The More I See You by Chris Montez (123 bpm), The Best Of

Choreographers note:- True to the original rhythm and tempo of the Bossa Nova, this piece of music is well known throughout the World. The dance itself is in keeping with the original simplistic Bossa Nova formula - albeit with two easy short tags.

It goes without saying that the use of downward and rounded hip movements are the ‘order of the day’. Because of the tags, the dance well suited for established beginners within the new levels.

Extra note:- To keep the dance fresh, it is recommended that any piece of music used is short in length.

Always remember - **‘The beat may reach your feet - but the rhythm should electrify your soul’.**

Dance starts on the vocals with feet together and weight on the left foot.

Modified Basic Slow Samba Walk (12:00)

- 1 – 2 Step forward onto right. Recover onto left.
- 3 – 4 Step backward onto right (to left heel). Step backward onto left (to right heel).
- 5 – 6 Step forward onto right. Recover onto left.
- 7 – 8 Step backward onto right (to left heel). Step left next to right.

1/2 Monterey. 2x Cross-Recover-Side (6:00)

- 9 – 10 Touch right toe to right side. Turn ½ right – stepping right next to left.
- 11 – 12 Cross step left forward over right. Recover onto right.
- 13 – 14 Step left slightly to left side. Cross step right forward over left.
- 15 – 16 Recover onto left. Step right slightly to right side.

Modified Basic Slow Samba Walk (6:00)

- 17 – 18 Step forward onto left. Recover onto right.
- 19 – 20 Step backward onto left (to right heel). Step backward onto right (to left heel).
- 21 – 22 Step forward onto left. Recover onto right.
- 23 – 24 Step backward onto left (to right heel). Step right next to left.

1/2 Monterey. 2x Cross-Recover-Side (12:00)

- 25 – 26 Touch left toe to left side. Turn ½ left – stepping left next to right.
- 27 – 28 Cross step right forward over left. Recover onto left.
- 29 – 30 Step right slightly to right side. Cross step left forward over right.
- 31 – 32 Recover onto right. Step left slightly to left side.

TAG: At the end of the 4th and 8th walls.

Arms outstretched or on the hips... anything but ‘hanging loose’

- 1 – 2 (feet in place) Rock/sway body to right - then to the left (2 counts)
- 3 – 4 (feet in place) Rock/sway body to right - then to the left (2 counts)

Both tags come just before the ‘La La’s’

Other suggested music: Stan Getz & Astrud Gilberto - The Girl From Ipanema (130 bpm) – no tags
