

Sabado Senior

32 Count, 1 Wall, Beginner, Samba

Choreographer: Tony Wilson (USA) Sept 2012

Choreographed to: Sabado by Jody Bernal, CD: Sabado, CD Single (iTunes)

Start dancing on lyrics

SNAKE ROLLS RIGHT & LEFT, SIDE TOGETHER. SIDE TOUCH

- 1 Step right side
Arms above head, palms together up to right. Left hip to left. Left shoulder up
- 2 Weight to left
Arms above head, palms together up to left. Right hip to right. Right shoulder up
- 3 Weight to right
Arms above head, pals together up to right. Left hip to left. Left shoulder up
- 4 Weight to left
Arms above head, palms together up to left. Right hip to right. Right shoulder up
Drop hands to chest level
- 5 Step right side
Left shoulder up. Left hip to left
- 6 Step left together
Right shoulder up. Right hip to right
- 7 Step right side
Left shoulder up. Left hip to left
- 8 Touch left together
Right shoulder up. Right hip to right
On counts 1-4, hands, arms and body moving like a snake

SIDE TOGETHER, SIDE TOUCH, ½ TURN ½ LEFT

- 9 Step left side
Right shoulder up. Right hip to right
- 10 Step right together
Left shoulder up. Left hip to left
- 11 Step left side
Right shoulder up. Right hip to right
- 12 Touch right together
Left shoulder up. Left hip to left
- 13-14 Turn ½ left (weight to left)
Right hip out as you turn
- 15-16 Turn ½ left (weight to left)
Right hip out as you turn
On counts 1-16, use Latin hips
Option for counts 5-16: hands lightly clenched, rolling at chest level

SAMBA STEPS RIGHT & LEFT, CROSS SHUFFLE RIGHT, LEFT, RIGHT SIDE SWAY

- 17&18 Cross/rock right over left, recover to left, step right together
- 19&20 Cross/rock left over right, recover to right, step left together
- 21&22 Cross right over left, step left slightly side, cross right over left
- 23-24 Rock left side and hip left, recover to right and hip right

SAMBA STEPS LEFT & RIGHT, CROSS SHUFFLE LEFT, RIGHT, LEFT SIDE SWAY

- 25&26 Cross/rock left over right, recover to right, step left together
- 27&28 Cross/rock right over left, recover to left, step right together
- 29&30 Cross left over right, step right slightly side, cross left over right
- 31-32 Rock right side and hip right, recover to left and hip left