**LIA’S SAMBA (med – high impact)**

Visual: Carnival party, imagine you have your costume and tall feathered head dress!

**SAMBA HIP BOUNCES** to FRONT and SIDE (keep small and not too bouncy)

**FORWARD / BACK ROCKS** (this should be stepped out, shimmy get deep into squat on the side to side)

**HIP ROLLS** (imagine your leading hip is drawing a full circle from the front)

**GRAPEVINE** (step it out and imagine you have your large head dress on)

Shorthand

Music : you can leave the first 2 8’s if you want

Samba Hip Bounces, the FOOT to the FRONT (1,2,3)

Hip bounce with no arms 2 x 8 (this could be your intro)

Hip bounce with low arms 1 x 8

Hip bounce with big arms 1 x 8

Samba Hip Bounces, the FOOT to the SIDE (1,2,3)

Hip bounce with no arms 2 x 8

Hip bounce with low arms 1 x 8

Hip bounce with big arms 1 x 8

Forward / back rocks x 8 (with the change of music)

Push stop front, push stop back

Shimmy, side to side, close

Repeat forward / back rocks to the other side x 8

Change in music

Hip rolls x 8, low arms (always start the full circle from the front, with the foot in front, put it behind to finish)

Samba hip bounces FRONT 8 slow, 16 double time

Forward / back rocks double time x 2 (don’t forget the shimmy)

Samba Hip bounces Side x 8 slow, x 16 double time, adding arms

Hip rolls x 8 with arms (it builds)

Grapevine x 2

Grapevine x 2 turning

Repeat both

Forward / back rocks double time x 2

Finish hip bounces to the side, 8 slow, 16 with arms Go carnival mad!

TIPS

Hip rolls: the arms are ALSO making a full circle with a pronounced end

(low arms is like you are stirring a large bowl, and high arms are going around the disco ball)

Samba hip bounces SIDE, you can straighten the side leg, and when it is fast make the legs do all the work and the upper body still

Don’t forget it is a party, the vibe of a carnival !