

# Help Yourself Samba

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**MUSIC:** Record: Parrot 45-40029 vocalist: Tom Jones, available from Palomino www.diamondrounds.com

**RHYTHM:** Samba **PHASE:** RAL Ph IV **RELEASE** used as an intro clinic to Samba at the RoundaLab Convention - June 2007

**FOOTWORK:** Described for man, opposite for lady, or as noted in parentheses **TIMING:** 1a2 3a4 - unless noted in left margin

**SEQUENCE:** INTRO-A-B-A-Interlude-A(mod)-B-Bridge-A-Interlude-Bridge-ENDING

## INTRODUCTION

### 1-4 WAIT; BASIC; SBA AWAY & TOG; AWAY & PU/LOD;

- 1 In CP/WALL wait 1 meas;
- 2 **{basic}** fwd L/cl R, in pl L, bk R/cl L, in pl R; CP/LOD
- 3 **{sba awy & tog}** moving diagonally LF (RF) across LOD away from ptr fwd L/place R bk on insd edge of toe, pull L

bk twd R, & then moving bk to face in bfly fwd R/sd L on insd edge of toe, pull R twd L flat ft;

BFLY/WALL

- 4 **{sba awy & pu}** moving diagonally LF (RF) across LOD away from ptr fwd L/place R bk on insd edge of toe, pull L  
bk twd R, trng to fc lod fwd R/sd L, cl R (trng LF fwd L/sd R to CP, cl L); CP/LOD

## PART A

### 1-4 2 REV TRNS to end fcg WALL;; BASIC; WHISK L & R to SCP;

- 1 **{rev trn}** fwd L trng LF/sd R, XLIF of R cont trn(cl R), bk R cont trn/sd L, cl R (XLIF of R); complete 1 full trn to CP/LOD
- 2 Repeat meas 1 but chg last 2 steps: sd L trn to fc wall, cl R (sd R trn to fc coh, cl L); completing ¾ trn to loose CP/WALL
- 3 Repeat meas 2 INTRO;
- 4 **{whisk l & r}** sd L/XRIB of L, rec in pl L, sd R/XLIB of R, trn to scp rec in pl R ; SCP fcg LOD

### 5-8 FWD SBA WK 3X'S ~ SD SBA WK;; CRISS CROSS VOLTA TWICE;;

- 5 **{sba wks}** fwd L/place R bk on insd edge of toe, pull L bk twd R, fwd R/pl L bk on insd edge of toe, pull R bk twd L;
- 6 **{sba wk, sd sba wk}** fwd L/pl R bk on insd edge of toe, pull L bk twd R, fwd R/sd L on insd edge of toe, pull R twd L  
flat ft; end in extd SCP man slightly beh W
- 1a2a3a4 7 **{criss x volta}** curving ¼ LF lead W to change sds undr jnd ld hnds M cross beh W to LOP/COH  
XLIF of R/sd &  
slightly bk R insd edge of toe, XLIF of R/sd & slightly bk R insd edge of toe, XLIF of R/sd & slightly bk R insd edge of toe, XLIF of R; to LOP/COH
- 1a2a3a4 8 **{criss x volta}** curving ¼ RF lead W to change sds undr jnd ld hnds M cross beh W to LOP/WALL  
XRIF of L/sd &  
slightly bk L insd edge of toe, XRIF of L/sd & slightly bk L insd edge of toe, XRIF of L/sd &

slightly bk L insd edge of  
toe, XRIF of L; to loose CP/WALL

## PART B

### 1-4 WHISK L & R; WHISK w/UNDERARM TRN; SBA AWAY & TOG; AWAY & TOG;

- 1 {whisk l & r} repeat meas 4, PART A; end in loose CP/WALL  
2 {whisk w/underarm trn}repeat meas 1, PART B but lead W to trn RF on step 1; (W:trng RF fwd R  
undr jnd ld hnds/ cont trn fwd L, rec R to fc ptr, sd L/XRIB of L, rec in pl L;) loose CP/WALL  
3-4 Repeat meas 3, INTRO; twice;

### 5-8 WHISK L & R; WHISK w/UNDRARM TRN; SBA AWAY & TOG; AWAY & PU;

- 5-7 repeat meas 1-3 PART B;;;  
8 repeat meas 4, INTRO;

## REPEAT PART A

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## INTERLUDE

### 1-4 WHISK L & R; BASIC to SCP; COPACABANA to CP/WALL;;

- 1 repeat meas 1, PART B; loose CP/WALL  
2 repeat meas 2, INTRO; trn to SCP on last step fcg LOD  
3-4 {copas} releasing hndhold make a box by trng LF (RF) on the last step of each of the 4 sba wks  
{meas 5, Part A}  
the 1<sup>st</sup> will move to OP/LOD, the 2<sup>nd</sup> to bk to bk pos still moving apt, the 3<sup>rd</sup> to LOP, the 4<sup>th</sup> move  
tog;; to loose CP/WALL

## PART A(mod)

### 1-6 BASIC; WHISK L & R to SCP; FWD SBA WK 3X’S ~ SD SBA WK;; CRISS X VOLTA TWICE;;

- 1-6 repeat meas 3-8, PART A;;; ;;;

## PART B

### 1-4 WHISK L & R; WHISK w/UNDRARM TRN; SBA AWAY & TOG; AWAY & TOG;

### 5-8 WHISK L & R; WHISK w/UNDRARM TRN; SBA AWAY & TOG; AWAY & PU;

## BRIDGE

### 1 SD TCH EACH WAY;

1,2,3,4 1 {sd tch each way} sd L, tch R besd L, sd R, tch L besd R; CP/LOD

## PART A

1-4 REV TRN TWICE to CP/WALL;; BASIC; WHISK L & R to SCP;  
5-8 FWD SBA WK 3X'S ~ SD SBA WK;; CRISS CROSS VOLTA TWICE;;

## INTERLUDE

1-4 WHISK L & R; BASIC to SCP; COPACABANA to CP/WALL;;

## BRIDGE

1 SD TCH EACH WAY;

## ENDING

1-3 BASIC; WHISK L & R; SD CLOSE, APT PT;

1 repeat meas 1, INTRO;  
2 repeat meas 4, PART A; to CP/WALL  
1,2,3,4 3 {sd cl, apt pt} sd L rolling from insd ball of L ft to flat ft, cl R, apt sd & bk L, pt R to ptr with lead arm up;