

HELPHYOURSELFSAMBA

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Record: London 5N-59005 Tom Jones SUGGESTED_SPEED zA_4yA

Footwork: Opposite, directions for Man except where noted.

sequence: Intro-A-B-C-A(1-8) -Int.1- B(1-6) -Int.2- B(1-6) -Int.2- Ending

INTRO

1-4 WAIT; Merengue_4SIDE,CLOSE,SIDE,CLOSE; SAMBA_TOG/2,3,SAMBA_TOG/2,3;

Merengue_4SIDE,CLOSE,SIDE,CLOSE;

1-2 Fcg ptr abt 6' apt wait 1 meas; Sd L down LOD,cl R,sd L,cl R;

(Styling note-Place M's R hand (W's L) at waist level like

rubbing tummy and other arm extended out slightly with forearm

up and arm bent at elbow.)

3-4 Samba tog L/R,L,Samba tog R/L,R; Repeat meas 2;

PART A

1-4 Bfly SAMBA_AWAY/2,3,SAMBA_TOG/2,sA; SAMBA_AWAY/2,3,SAMBA_TOG/2,3;

BflyBALANCE_LEFT/2,3,BALANCE_RIGHT/2,3; Merengue_4SIDE,CLOSE,

SIDE,CLOSE;

1-2 Blend to Bfly and samba away L/R,L to slight bk-to-bk pos,

samba tog R/L,R to Bfly; Repeat meas 1; (Progress down LOD)

3-4 (Samba Whisks)Blend to Bfly and balance sd L/rk beh R,rec L,sd

R/rk beh L,rec R; Repeat meas 2 of Intro in Bfly;

5-8 No_hands_down_LODFWD_SAMBA/2,3,FWD_SAMBA/2,3; FWD_SAMBA/2,3,FWD

SAMBA/2,3; SOLO_TRN/2,3,SOLO_TRN/2,3; Merengue_4SIDE,CLOSE,SIDE,

CLOSE;

5-6 Drop hands and progressing down LOD samba fwd L/R,L,R/L,R;

Repeat action of meas 5;

7-8 With no hands jnd trn away L/sd R,cl L,bk R/sd L,cl R to Bfly

(use samba bouncy action); Repeat action of meas 2 of Intro in

Bfly;

9-15 REPEAT_MEAS_A-7_OF_PARTA ;;;;;;

16 Merengue_2 SIDE,CLOSE,WALK,PICKUP;

16 In Bfly merengue sd L,cl R,walk down LOD L,R(pickup W to CP);

PART B

1-3 SAMBA_TRN/2,3,SAMBA_TRN/2,3; SAMBA_TRN/2,3,SAMBA_TRN/2,3; SAMBA_FWD/2,

3,_STEP_BACK/TCH,HOLD;

1-2 In CP/LOD samba trn Left 1/2 L/R,L,samba trn Left 1/2 R/L,R to

CP/LOD; Repeat meas 1;

3 In CP/LOD samba fwd L/R,L, step bk on R/tch L,hold;

4-6 FWD/RK_SD,REC W_Whisk,FWD/RK_SD,REC W_Whisk; FWD/RK_SD,REC W_Whisk,

FWD/RK_SD,REC W_Whisk; FWD/RK_SD,REC W_Whisk,_SIDE/DRAW,HOLD;

4-5 In CP/LOD step fwd L/rk sd R and look R,rec in place L(W sd R

trng LF/XLIB of R and look L,rec on R trng to fc ptr), in CP/LOD

step fwd R/rk sd L and look L,rec in place R(W sd L trng RF/

XRIB of L and look R,rec on L trng to fc ptr); Repeat meas 4;

6 In CP/LOD step fwd L/rk sd R and look R,rec in place L(W sd R

trng LF/XLIB of R and look L,rec on R trng to fc ptr),in CP

step sd R/draw L,hold;

7-12 REPEAT_ACTION_OF_MEAS_A-6_OF_PART_B except on last 2 beats of meas 12

release hands and M step fwd R/draw L,hold(while W trns LF on L/draw

R,hold) to end no hands both fcg LOD W on M'S R;;;;;

PART C

1 - 3 No_hands_down_LODSAMBA_FWD /2,3, trn_bk-to-bkSAMBA_APT /2,3; Trn_to
fc_RLODSAMBA_FWD /2,3, trn_to_fc_ptrSAMBA_TOG /2,3; CROSS /SD ,CROSS /
SD ,CROSS /SD ,CROSS ;

1-2 No hands jnd both fcg LOD fwd samba L/R,L, trn to bk-to-bk pos

and samba apt R/L,R(M twd COH and W twd Wall); Both trn to fc

RLOD and samba fwd L/R,L, trn to fc ptr and samba tog R/L/R;

3 Join M's L W's R hands and twd RLOD XLIF/sd R,XLIF/sd R,XLIF/

sd R,XLIF(W opposite footwork but also XIF);

HELPHYOURSELFSAMBA

Page 2

4 - 6 No_hands_down_RLODSAMBA_FWD /2,3, hAtrn_bk-to-bkSAMBA_APT /2,3; Trn to
fc_LODSAMBA_FWD /2,3, trn_to_fc_ptrSAMBA_TOG /2,3; CROSS /SD ,CROSS /
SD ,CROSS /SD ,CROSS ;

4-5 No hands jnd both fcg RLOD fwd samba R/L,R, trn to bk-to-bk pos

and samba apt L/R,L(W twd COH and W twd Wall); Both trn to fc

LOD and samba fwd R/L,R, trn to fc ptr and samba tog L/R,L;

6 Join M's R W's L hands and twd LOD XRIF/sd L,XRIF/sd L,XRIF/

sd L,XRIF(W opposite footwork but also XIF);

INTERLUDE A

1 WALK ,PICKUP ,WALK ,2;

1 Walk down LOD L,R(pickup W to CP),walk fwd L,R;

INTERLUDE 2

1/2 WALK, 2

1/2 In CP/LOD walk fwd L,R

ENDING

1 - 3 SAMBA_TRN /2,3, SAMBA_TRN /2,3; SAMBA_TRN /2,3, SAMBA_TRN /2,3;

SAMBA_FWD /2,3, STEP_BK/TCH, HOLD; STEP_APT/PT

1-2 Repeat action of meas 1 - 2 of Part B;

3 Repeat action of meas 3 of Part B;

Step apt L/pt R twd ptr

STYLING NOTES

The forward sambas are called SAMBA WALKS. The man steps Fwd L/bk R on toe,

pull L bk twd R and change weight, fwd R/bk L on toe, pull R bk twd L and

change weight. In this dance, the arm styling is as follows: When the L

ft goes fwd raise the L arm with bent elbow and put R hand close to L elbow

and when R ft goes fwd raise R arm, etc. Don't make it a "cut and dried

action" but just hint at the action.

On the Samba Whisks, staying in Bfly, both partners look twd RLOD and then

both look twd LOD.

On the Samba Trns, when moving backward, lean slightly forward and when

moving forward, lean slightly back. Fwd L trng LF/sd R, XLIF of R to fc RLOD

bk R trng LF/small step sd L, cl R to fc LOD (W bk R trng LF/small step sd L, cl

R to fc LOD, fwd L trng LF/sd R, XLIF of R to fc RLOD);

The action of the steps in meas 4-6 of Part B for the Man is called BOTO FOGO

The Woman is doing WHISKS and is moving from the Man's Left side to his Right

side, to his Left side, etc.

The steps in meas 1-2 and 4-5 of Part C are called COPAS and the action is

the same as in the Samba Walks. The steps in meas 3 and 6 of Part C are

called VOLTAS. B:PRINT0.PAS BW B:GRAPH.PAS BW B:PRINT2.PAS BW B:PRIMENU.PAS BW B:PRINT1.PAS
BW MISO.PAS !"#\$%&'()*+,-./0123456789:;<=>?@ABCDEFGHIJKLMNO

BW B:PRIN