

A Time to Dance Standard Routines - Spring 2011

Samba

1. Shadow Bota fogos
2. Shadow Voltas
3. Spot Voltas
4. Crisscross Bota Fogos with hip action
5. Crisscross Bota Fogos and Stationary samba walk
6. Kick ball change (men), turn for ladies
7. Shadow cruzada walks/locks
8. Corta jaca with rotation
9. Shadow Voltas (2 slow, 2 fast)
10. Foot change (men), turn (ladies)
11. Whisk with under arm turn for ladies
12. Progressive Samba walks
13. Rolling off the arm
14. Progressive Samba Walks
15. Rolling off the arm into Samba Rolls in shadow position
16. Free spin for lady
17. Promenade Runs