

# ZAMBEZI



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Music: Artist: Ross Mitchell's Dance And Listen Orchestra CD: "Premier" DLD1065 Track #13

Suggested speed: Slow from 50MPM to 45MPM

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Basic Rhythm: 1a2 3a4 except where noted

Rhythm & Phase: Samba V+1(Rolling off the Arm) +2(Prog Whisk, Rev Trn w/ Continuous Chasse)

Sequence: **Intro A B C Interlude A B-Modif End**

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Ver 1.0

## Meas

## INTRO

### 1-2 WAIT; CIRCULAR VOLTA TO R;

- 1 Wait one meas in OP FCG/WALL trailing hnds touching palm-to-palm trailing ft free pointed sd;  
1a2a3a4 2 **{Circular Volta to R}** Slightly pushing off each other w/ trailing hnds swiveling RF on L  
XRIF/swiveling RF on R sd L, swiveling RF on L XRIF/swiveling RF on R sd L, swiveling RF on L  
XRIF/swiveling RF on R sd L, swiveling RF on L XRIF to fc ptr assuming CP/WALL;

## PART A

### 1-4 WHISK TO L & R; WHISK TO L ~ REV UNDERARM TRN TO WRAP; 2 SAMBA WALKS; ROLLING OFF THE ARM w/ CHG SD TO WRAP;

- 1 **{Whisk to L & R}** CP/WALL sd L/XRIB, rec L, sd R/XLIB, rec R;  
2 **{Whisk to L}** Sd L/XRIB, rec L,  
**{Rev Underarm Trn to Wrap}** Sd R raising jnd lead hnds to lead W trn LF/slightly trng LF bk L,  
rec R joining trailing hnds at W's R-hip (W sd L comm trng LF under jnd lead hnds/cont trng LF  
fwd R, cont trng LF bk L) end WRAPPED Pos/LOD;  
3 **{2 Samba Walks}** Fwd L/rec R inside edge of toe, pull L bk twd R, fwd R/rec L inside edge of toe,  
pull R bk twd L;  
4 **{Rolling off the Arm w/ Chg Sd to Wrap}** Releasing lead hnds & leading W roll RF w/ jnd  
trailing hnds sd L/XRIB, rec L (W sd R comm rolling RF full trn/sd L cont rolling RF, cont rolling  
RF to fc LOD sd R) end OP/LOD, leading W roll LF w/ jnd trailing hnds sd R comm rolling RF 1/2  
bhnd W/cont rolling RF to fc RLOD sd L, cl R joining lead hnds (W sd L comm rolling LF 1/2 IF of  
M/cont rolling LF to fc RLOD sd R, cl L) end WRAPPED Pos/RLOD;

### 5-8 2 SAMBA WALKS; ROLLING OFF THE ARM W SPIN TO CP; PROG WHISK 3 TIMES ~ REV UNDERARM TO FC WALL M TRANS;;

- 5 **{2 Samba Walks}** WRAPPED Pos/RLOD fwd L/rec R inside edge of toe, pull L bk twd R, fwd  
R/rec L inside edge of toe, pull R bk twd L;  
6 **{Rolling off the Arm W Spin to CP}** Releasing lead hnds & leading W roll RF w/ jnd trailing hnds  
sd L/XRIB, rec L (W sd R comm rolling RF full trn/sd L cont rolling RF, cont rolling RF to fc RLOD  
sd R) end OP/RLOD, leading W spin LF w/ jnd trailing hnds sd R comm trng RF 1/2 bhnd W/cont  
rolling RF to fc RLOD sd L, cl R joining lead hnds (W sd L comm spinning LF full trn IF of M/cont  
spinning LF to fc RLOD sd R, cl L) end CP/LOD;  
7-8 **{Prog Whisk 3 Times}** Fwd L leading W trn LF/sd R inside edge of toe, rec L (W sd & bk R  
comm trng LF/cont trng LF XLIB, rec R) end Modif-RSCP fcg LOD (W fcg DLW), fwd R leading W  
trn RF/sd L inside edge of toe, rec R (W sd & fwd L comm trng RF crossing IF of M/cont trng RF  
XRIB, rec L) end Modif-SCP fcg LOD (W fcg DLC); Fwd L leading W trn LF/sd R inside edge of  
toe, rec L (W sd & bk R comm trng LF/cont trng LF XLIB, rec R) end Modif-RSCP fcg LOD (W fcg  
DLW),  
34 **{Rev Underarm Trn to Fc Wall M Trans}** Raising jnd lead hnds to lead W trn LF fwd R trng RF  
(W 3a4) to fc WALL, cl L joining trailing hnds (W fwd L comm trng LF 3/8 under jnd lead hnds/cont trng LF  
to fc COH/sd R, cl L) end BFLY/WALL;  
(now same footwork)

## PART B

**1-4 STATIONARY WALK w/ HND CHG 4 TIMES;; SD TO CORTA JACA TWICE TRANS TO HALF-OP;;**

- 1-2 **{Stationary Walk w/ Hnd Chg 4 Times}** BFLY/WALL R-ft free for both fwd R small step Touching R-palms/trng body LF sd L on toe twd COH (W twd WALL), pull R twd L end momentary R-hnd STAR Pos/LOD (W fcg RLOD), trng RF to ptr releasing R-hnds fwd L small step touching L-palms/trng body RF sd R on toe twd COH (W twd WALL), pull L twd R end momentary L-hnd STAR Pos/RLOD (W fcg LOD); Repeat Meas 1 of Part-B;
- 12&3&4& 3-4 **{Sd to Corta Jaca Twice Trans to Half-OP}** Trng LF to fc ptr & WALL sd R, sd & fwd L-heel twd DRW (W twd DLC) across body half wgt/rec R, sd & bk L-toe twd DLC (W twd DRW) half wgt/rec R, fwd L-heel twd DRW (W twd DLC) across body half wgt/rec R end end L-hnd STAR Pos/DRW; Trng LF to fc ptr & WALL sd L releasing L-hnds & touching R-palms, sd & fwd R-heel twd DLW (W twd DRC) across body half wgt/rec L, sd & bk R-toe twd DRC (W twd DLW) half wgt/rec L, tch R to L leading W swivel RF placing R-hnd bhnd W's bk (W fwd R swiveling RF placing L-hnd on M's R-shoulder) end Half-OP/LOD; (now opposite footwork)

**5-8 THRU TRN BK., ROLL 3 TO FC; TRAVELING VOLTA; SHADOW BOTA FOGOS; SHADOW BOTA FOGO ~ W INSIDE UNDERARM TRN TO CP/LOD;**

- 1&2 5 **{Thru Trn Bk}** Half-OP/LOD fwd R/trng RF to fc WALL sd L joining lead hnds, cont trng RF to fc RLOD bk R end LOP/RLOD,
- 3&4 **{Roll 3 to Fc}** Sd & bk L comm rolling LF 1-1/4 twd LOD/sd R cont rolling LF, cont rolling LF sd L joining lead hnds end LOP Fcg/WALL;
- 1a2a3a4 6 **{Traveling Volta}** XRIF/sd L, XRIF/sd L, XRIF/sd L, XRIF end LOP Fcg/DLW (W fcg DLC);
- 7 **{Shadow Bota Fogos}** Raising jnd lead hnds fwd L crossing bhnd W/sd & fwd R trng LF 1/4, rec L extending free R-hnd twd LOD (W fwd R crossing IF of M under jnd lead hnds/sd & fwd L trng RF 1/4, rec R extend ing free L-hnd twd LOD), fwd R crossing bhnd W/sd & fwd L trng RF 1/4, rec R extending free R-hnd straight up twd ceiling (W fwd L crossing IF of M under jnd lead hnds/sd & fwd R trng LF 1/4, rec L extending free L-hnd straight up twd ceiling);
- 8 **{Shadow Bota Fogo}** Raising jnd lead hnds fwd L crossing bhnd W/sd & fwd R trng LF 1/4, rec L extending free R-hnd twd LOD (W fwd R crossing IF of M under jnd lead hnds/sd & fwd L trng RF 1/4, rec R extend ing free L-hnd twd LOD),
- {W Inside Underarm Trn to CP/LOD}** Fwd R crossing bhnd W/sd & fwd L trng RF 1/4, rec R slightly trng LF to fc LOD (W fwd L crossing IF of M under jnd lead hnds comm trng LF under jnd lead hnds/sd & fwd R cont trng LF, rec L cont trng LF to fc M) end CP/LOD;

## PART C

**1-4 REV TRN; REV TRN w/ CONT CHASSE TWICE;; BOTA FOGO TO SCP., KICK/BALL CHG (W BOTA FOGO);**

- 12& 34& 1 **{Rev Trn}** CP/LOD fwd L comm trng LF, cont trng LF sd & bk R/XLIF (W bk R comm trng LF, cont trng LF sd & fwd L/cl R) end momentary CP/RLOD, bk R comm trng LF, cont trng LF sd & fwd L/cl R (W fwd L comm trng LF, cont trng LF sd & bk R/XLIF) end CP/LOD;
- 12&3&4& 2-3 **{Rev Trn w/ Cont Chasse Twice}** Fwd L comm trng LF, cont trng LF to fc COH sd R/cl L inclining upper body fwd (W inclining upper body bk), sd R/cl R, sd R/cl L straightening upper body upright; Bk R comm trng LF, cont trng LF to fc WALL sd L/cl R inclining upper body bk (W inclining upper body fwd), sd L/cl R, sd L/cl R straightening upper body upright end CP/WALL;
- 1a2 4 **{Bota Fogo to SCP}** Fwd L/sd R trng LF, rec L (W bk R/sd L trng RF, rec R) end SCP/LOD;
- a4 **{Kick/Ball Chg (W Bota Fogo)}** Kick R fwd twd LOD leading W fwd/bk R small step, rec L (W fwd L/trng LF sd & bk R, rec L) end Loose BJO/DLW; (now same footwork)
- (W 3a4)

## PART C (cont'ed)

- 5-8 **CONTRA BOTA FOGO TWICE; KICK/BALL CHG (W BOTA FOGO) TO SCP., SD SAMBA WALK; CRISS CROSS VOLTA TWICE;;**
- 5 {**Contra Bota Fogo Twice**} Loose BJO/DLW fwd R/sd & fwd L trng RF 1/4 to fc DRW, rec R end momentary Loose SCAR/DRW, fwd L/sd & fwd R trng LF 1/4 to fc DLW, rec L end Loose BJO/DLW;
- a2 (W 1a2) 6 {**Kick/Ball Chg (W Bota Fogo) to SCP**} Leading W fwd kick R fwd/bk R small step, rec L (W fwd R/sd & fwd L trng RF 1/4, rec R) end SCP/LOD;  
(now opposite footwork)
- 3a4 {**Sd Samba Walk**} Fwd R small step flexing knee/sd L-toe partial wgt twd COH, pull R slightly twd L end Loose SCP/DLW (W fcg DLC);
- 1a2a3a4 7-8 {**CriSS Cross Volta Twice**} Slightly swiveling LF on R XLIF (W XRIF also) comm curving LF 3/8 raising jnd lead hnds to lead W pass under/sd & bk R, cont curving XLIF/sd & bk R, cont curving LF to fc COH XLIF/sd & bk R, XLIF end LOP Fcg/COH; Swiveling RF on L XRIF (W XLIF also) comm curving RF 1/2 raising jnd lead hnds to lead W pass under/sd & bk L, cont curving XRIF/sd & bk L, cont curving to fc WALL XRIF/sd & bk L, XRIF end LOP Fcg/WALL;

## INTERLUDE

- 1-4 **CIRCULAR VOLTA TO L; SLOW & QK MERENGUE TO RLOD;**  
**CIRCULAR VOLTA TO R; SLOW & QK MERENGUE TO LOD;**
- 1a2a3a4 1 {**Circular Volta to L**} LOP Fcg/WALL slightly pushing off each other w/ lead hnds swiveling LF on R XLIF/swiveling LF on L sd R, swiveling LF on R XLIF/swiveling LF on L sd R, swiveling LF on R XLIF/swiveling LF on L sd R, swiveling LF on R XLIF to fc ptr end OP Fcg/WALL no hnd jnd;
- 123&4& 2 {**Slow & Qk Merengue to RLOD**} Sd R pressure step rolling hips CW (W CCW) & shift wgt to R, cl L pressure step rolling hips CCW (W CW) shift wgt to L, sd R/cl L, sd R/cl L touching trailing hnds palm-to-palm;
- 1a2a3a4 3 {**Circular Volta to R**} Slightly pushing off each other w/ trailing hnds swiveling RF on L XRIF/swiveling RF on R sd L, swiveling RF on L XRIF/swiveling RF on R sd L, swiveling RF on L XRIF/swiveling RF on R sd L, swiveling RF on L XRIF to fc ptr end OP Fcg/WALL no hnd jnd;
- 123&4& 4 {**Slow & Qk Merengue to LOD**} Sd L pressure step rolling hips CCW (W CW) & shift wgt to L, cl R pressure step rolling hips CW (W CCW) & shift wgt to R, sd L/cl R, sd L/cl R assuming CP/WALL;

## PART A

## PART B - Modif

- 1-4 **STATIONARY WALK w/ HND CHG 4 TIMES;; SD TO CORTA JACA TWICE TRANS TO HALF-OP;;**  
5-8 **THRU TRN BK., ROLL 3 TO FC; TRAVELING VOLTA; SHADOW BOTA FOGOS;**  
**SHADOW BOTA FOGOS TO FC WALL;**
- 1-7 BFLY/WALL repeat Meas 1-7 of Part B;,,,,,;
- 8 {**Shadow Bota Fogos to Fc Wall**} Raising jnd lead hnds fwd L crossing bhnd W/sd & fwd R trng LF 1/4, rec L extending free R-hnd twd LOD (W fwd R crossing IF of M under jnd lead hnds/sd & fwd L trng RF 1/4, rec R extending free L-hnd twd LOD), fwd R crossing bhnd W/sd & fwd L trng RF 1/4, rec R slightly trng RF to fc WALL (W fwd L crossing IF of M under jnd lead hnds/sd & fwd R trng LF 1/4, rec L slightly trng LF to fc COH) end LOP Fcg/WALL;

## END

- 1-4 **CIRCULAR VOLTA TO L; SLOW & QK MERENGUE TO RLOD;**  
**CIRCULAR VOLTA TO R; SLOW MERENGUE 2 & SD CL LUNGE;**
- 1-3 LOP Fcg/WALL repeat Meas 1-3 of Interlude;;;
- 123&4 4 {**Slow Merengue 2 & Sd Cl Lunge**} Sd L pressure step rolling hips CCW (W CW) & shift wgt to L, cl R rolling hips CW (W CCW) & shift wgt to R, sd L/cl R, sd L flexing knee extending both hnds sd lead hnds high trailing hnds low looking RLOD;