



# GOLD SAMBA - 1

## Routine - Long Side

	<u>Timing</u>
Hold	1a2
LF Stationery Walk	2a2
Foot Change #1 Closed to Right Shadow	3a2
Cruzado walks and Locks	4.2, 5a2, 6.2, 7a2
Foot Change 2 Shadow to Closed Facing DW	8.2
Natural Roll	1.2,2.2,3.2,4.2 (SQQ x4)
Prom/counter P. Runs	5.2,6.2,7.2(QQS,QQS,QQS)
M LF Stationery – L Three Step Turn	8.2 (QQS)
Samba Locks	1.2, 2.2,3.2,4.2
1 Criss Cross Boto Fogo/Rhythm Bounce	5a2, <b>6a2</b> (Bounce)
Rolling off the arm	7a2, 8a2
Rolling off the arm ending #2	1.2, 2.2
Reverse Turn	3.2 4.2
1-3 Reverse Basic	5a2
Open Rocks	6a2, 7a2, 8a2
1-3 Reverse turn	1a2
Back Rocks	2a2, 3a2
Plait	4.2, 5a2
1-3 Boto Foge to CP Boto Fogo end PP	6a2
Mans Foot change #5 Flick ball change. Ladies Boto Fogo	7a2 <b>8a2</b> (Rhythm Bounce)
Right Foot Contra Boto Fogo	1a2
Left Contra Boto Fogo	2a2
Roundabout to the right end with Boto Fogo Action	3a2, 4a2,
Left Foot Contra Boto Fogo/Bounce	5a2, <b>6a2</b> (Rhythm Bounce)
Right Contra pos. to Open CPP- Foot Change #7	7a2,8a2
M -2 Stationery Samba walks ending DC	
L – Criss Cross Volta behind man's back	
Criss Cross Boto Fogos	1a2,2a2
Maypole Man Volta Left, Lady Spot Volta Left UA	3a2,4a2
Left Whisk	5a2
Promenade to Counter Promenade Runs	6a2, 7a2, 8a2
Left Whisk with ladies UA Turn Right	1a2
Foot Change #2 to Shadow Position	2q2
Rhythm Bounce	<b>3a2</b>

**Repeat** - From Cruzado Walks and Locks

Based on ISTD Syllabus



# GOLD SAMBA - 2

## Routine - Long Side

	<u>Timing</u>
Hold	1a2
LF Stationery Walk	2a2
Whisk R L UA (L)	3a2
Spot Turn (L)	4a2
Prom/counter P. Runs	5.2,6.2,7.2(QQS,QQS,QQS)
M LF Stationery – L Three Step Turn	8.2 (QQS)
Samba Locks	1.2, 2.2,3.2,4.2
Criss Cross Boto Fogo	5a2,6a2
Criss Cross Volta to Left, L- Right Side Position	7a2, 8a2
2 Walks	1a2, 2a2
Rolling off the arm	3a2, 4a2
2 walks	5a2, 6a2
Rolling off the arm    foot change #8	7.2, 8.2
Cruzado walks	1.2, 2.2
Shadow Boto Fogos	3a2, 4a2.
RF Drop Volta	5.2, a6a2
Cruzado walks & Locks	7.2, 8a2, 1.2, 2a2
Foot Change #4 right shadow to PP	3a2
Side Samba Walk	4a2
Criss Cross Boto Fogo x1/ Bounce	5a2, 6a2
Maypole R- LSpot Volta Left	7a2, 8a2
Reverse Roll	1a2,2a2,3a2,
4-6 Reverse Basic	4a2,
Plait	5.2 6.2,7.2,8.2
4-6 Natural Roll	1a2,
Natural Roll	2a2 3a2
Open Rocks	4.2, 5.2 6.2
Revere turn to Wall	7a2,8a2.
1-3 PP to CPP	1a2
Foot Change #5 (PP to Right Contra Pos)	2a2,
Round about R    closed Pos	3a2, 4a2
LF Contra Boto Fogo/Bounce L to R HH	5.2, 6.2 w/bounce
Foot Change #7	7a2, 8a2
- M stationery Walks RF, LF to face DC = Ladies circular volta	
Criss Cross Boto Fogos	1a2, 2a2
Criss Cross Volta Travelling L	3a2,4a2
Criss Cross Volta Traveling R	5a2,6a2
Criss Cross Boto Fofo	7a2,8a2, 1a2
<b>Repeat</b> (LF stationery Walk)	2a2