

At The Copa

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Joette Fryman (USA)

Musik: Copacabana - Barry Manilow



4 TOE STRUTS RIGHT SIDE

- 1-2-3-4 Weight on left foot starting with right foot
5-6-7-8 4 toe struts to right side - toe heel, toe heel, toe heel, toe heel

ROCK STEP SAILOR SHUFFLE, ROCK STEP SAILOR SHUFFLE

- 1-2 Weight on left foot facing forward rock step
3&4 Right foot to right side recover on left foot right sailor shuffle
5-6 Weight on right foot rock step left
7&8 Foot to left side recover on right foot left sailor shuffle

REPEAT FIRST 16 COUNTS LEFT SIDE

- 1-2-3-4 Weight on left foot starting with right foot 4 toe
5-6-7-8 Struts to left side - toe heel, toe heel, toe heel, toe heel
1-2-3&4 Weight on left foot facing forward
5-6-7&8 Rock step right foot to right side recover on left foot right sailor shuffle, rock step left foot to left side recover on right foot left sailor shuffle

ROCK STEP FORWARD, RECOVER, TRIPLE STEP WITH ½ TURN RIGHT - ROCK STEP FORWARD, RECOVER, TRIPLE STEP WITH ½ TURN LEFT

- 1-2 Weight on left foot rock step forward on right foot
3&4 Recover back on left foot, triple step with ½
5-6 Turn right, weight on right foot rock step
7&8 Forward on left foot recover back on right foot triple step with ½ turn left

RIGHT KICK BALL CHANGE 2X ¼ TURN LEFT -BODY POSE- HOLD

- 1&2 Weight on left foot right kick ball change 2x
3&4 Weight on left foot step forward on right foot
5-6 Keeping weight on right foot turn ¼ left
7-8 Recover on left foot - place left hand on left side of waist pointing right foot to right side
Extend right arm to right side while pointing index finger & turning head to right side. Body pose is all done at once on count 7. Hold on count 8

REPEAT