

500 Steps

COPPER KNOB
STEPSHEETS

拍数: 104 墙数: 1
编舞者: Doris Lew (HK) - November 2014
音乐: 500 Steps by Paula Tsui

级数: Phrased Beginner



Intro : 8 counts - Sequence : AB, AB, AB, AB

Starting: □1 2 3 4 5 6 7 8 □Hand Claps on 1, 3, 5, 7
Starting: □1 2 3 4 5 6 7 8 □Hand Claps on 1, 3, 5, 7

A1: □1 2 3 4 □Arm Roll on R side, Arm Roll on L side
A1: □5 6 7 8 □Arm Roll on R side, Arm Roll on L side

A2: □1 2 3 4 □Arm Shape on R Side
A2: □5 6 7 8 □Arm Shape on L Side

A3: □1 2 3 4 □Diagonal Forward to R side, R, L, R, L
A3: □5 6 7 8 □Hand Open to top – 2 times

A4: □1 2 3 4 □Diagonal Forward to L side, L, R, L, R
A4: □5 6 7 8 □Hand Open to top – 2 times

A5: □1 2 3 4 □Steps Forward R, L, R, L
A5: □5 6 7 8 □Both Hand Shape, R, L, R, L

A6: □1 2 3 4 □Steps Backward R, L, R, L
A6: □5 6 7 8 □Both Hand Shape, R, L, R, L

A7: □1 2 3 4 □Both Hands on the knee with slightly knee bend, Both Hands open up
A7: □5 6 7 8 □Both Hands on the knee with slightly knee bend, Both Hands open up

A8: □1 2 3 4 □R hand on L shoulder, L hand on R shoulder, R hand up, L hand up
A8: □5 6 7 8 □R hand on L shoulder, L hand on R shoulder, R hand up, L hand up

B1: □1 2 3 4 5 6 7 8 □Hand Claps on 1, 3, 5, 7
B2: □1 2 3 4 5 6 7 8 □Hand moving up like climbing, R, L, R, L, R, L, R, L
B3: □1 2 3 4 5 6 7 8 □Hand Claps on 1, 3, 5, 7
B4: □1 2 3 4 5 6 7 8 □Hand moving up, R, L, R, L, R, L, R, L
B5: □1 2 3 4 5 6 7 8 □Hand Claps on 1, 3, 5, 7

For last section B, it is up to B3 only

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