

Zumbawe

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Easy Novice - Zumba rhythm
编舞者: Sebastiaan Holtland (NL) - July 2015
音乐: Zumbawe - Emanuel : (CD: A Moda Dos Beats Afro 2015)



Introduction: 32 counts, at the beat starts, start on vocal approx. 24 sec.

Sequence: 64, 48, Restart, 64, 48, Restart, 64, 64, 24, Ending.

Part I. 1-8: Step, Side, Back Rock, Recover, Heel Grind ¼ R, Back Rock, Recover.

- 1-4 Step R forward, step L to L, step R back, recover back onto L. (12:00)
- 5-6 Dig R heel forward with toe turned in, grinding R heel make 1/4 turn right stepping back on L.
- 7-8 Step R back, recover back onto L. (3:00)

PART II. 9-16: Out (hip), Out (hip), Back, Together, 1/2 Turn Monterey R.

- 1-4 Step R out to R (hip), step L out to L (hip), step R back, step L next to R.
- 5-8 Point R to R, pivot ½ R, step R next to L, point L to L, step next to R. (9:00)

PART III. 17-24: Side, Hold, Sailor, Heel Switches L-R, Hold, Syncopated Hip Bumps R-L-R.

- 1-2 Step R to R, Hold.
- 3&4 Step L behind R, step R to R, touch L heel diagonal forward.
- &5-6 Step L back in place, switch R heel diagonal forward weight onto L, Hold.
- 7&8& Bump R hip forward, bump L hip back, bump R hip forward, hips to center.

PART IV. 25-32: Back Rock, Recover, Out (hip), Out (hip), Back Rock, Recover, ½ Pivot L.

- 1-4 Step R back, recover back onto L, step R out to R (hip), step L out to L (hip).
- 5-8 Step R back, recover back onto L, step R forward, pivot 1/2 Turn L onto L. (3:00)

Part V. 33-40: ¼ L, Side, Hold, Behind, Side, Cross Rock, Recover, Side, Hold.

- 1-4 Making ¼ turn L step R to R, hold, step L behind R, step R to R. (12:00)
- 5-8 Step L slightly across L forward, recover back onto R, step L to L, hold.

PART VI. 41-48: Step Across Fwd, ¼ R, Back, Back, Tap, ¼ R, Dip, Point, Dip, Point with Up & Down Shoulders.

- 1-4 Step R across forward, making ¼ turn R step L back, step R back, step tap L forward. (3:00)
- 5-8 Making ¼ turn R step L back in place dip L hip, point R to R, step R back in place and dip R hip, point L to L.

(While you dancing the steps 45 t/m 48 move your shoulders Up & Down).

Two Restarts here after 48 counts at 12 o'clock. (See above sequence).

Note: (After 48 count is your weight onto R, it is important to change your weight to L before you do your Restart).

PART VII. 49-56: Side, Cross, ¼ L, Step, 1/8 L, Hitch, Cross, Side, Touch In Diagonal.

- 1-4 Step L to L, step R across L, making ¼ turn L step L forward, making 1/8 turn L hitch R knee up (1.30)
- 5-8 Step R to R in diagonal (towards 1.30 and facing 4.30), step L across R, touch L to L.

PART VIII. 57-64: Walk 3/8 Circle to L, Hitch, Side, Hitch, ¼ L, Step, Hitch.

- 1-4 Walk 3/8 circle L-R-L squaring up at (9), hitch R knee up.
- 5-8 Step R to R, hitch L knee up, making ¼ turn L step L forward, hitch R knee up. (6:00)

REPEAT DANCE AND HAVE FUN!!!

Dance Edit, email: smoothdancer79@hotmail.com

