

The Lion Sleeps Tonight

COPPER KNOB
BY STEPHEN

拍数: 96 墙数: 2 级数: Phrased High Beginner
编舞者: Roly Ansano (USA) - December 2015
音乐: The Lion Sleeps Tonight - Robert John



Intro: 32 counts - Seq: AA-BC-BC-BC-Tag-AA-BC-C

For Robert John's short track (2.37) follow this sequence: 32-count intro from first note of track, C-BC-BC-A-BC-B(16)

SECTION A – 32 counts

A[1-16] STATIONARY WALKS, WIPER ARMS, SLEEP MOTION

- 1-2 Step R in place (right forearm across chest), hold (bend knees slightly)
- 3-4 Step L in place (left forearm across chest), hold (bend knees slightly)
- 5-8 Repeat 1-4
- 9-12 Step R side. Hold for 3 counts. Bending knees, cross and uncross arms across chest tracing a vertical circle for 2 counts. Body upright, drop elbows at sides holding out claws.
- 13-16 Hold for 4 counts. Palms pressed together, hold hands under left jaw to motion sleep.

A[17-32] KNEE BOUNCES, WIPER ARMS, SLEEP MOTION

- 1-4 Pop knees and bounce upper body (4X). Shield eyes with right palm, turning head to right.
- 5-8 Repeat 1-4 with left hand to opposite direction.
- 9-16 Repeat 9-16 above.

SECTION B

B[1-8] STEP-SCUFF, FORWARD ROCK, BACK STEPS

- 1-4 Step R forward, brush L forward, step L forward, brush R forward
- 5-8 Rock R forward. Recover to L, step R back, step L back (to side of R)

B[9-16] KNEE POPS

- 1-2 Pop knees and bounce upper body twice. Arms out to sides, body angled left.
- 3-4 Pop knees and bounce upper body twice. Arms out to sides body angled right.
- 5-8 Repeat 1-4

B[17-24] TURNING VINE, WEAVE

- 1-2 Step R side, cross L behind R
- 3-4 Turn 1/4 right and step R forward, step L forward
- 5-6 Pivot 3/4 right, step L side
- 7-8 Cross R behind L, step L side

B[25-32] WEAVE, TURNING VINE

- 1-2 Cross R over, step L side
- 3-4 Cross R behind L, step L side and turn 1/4 left
- 5-6 Step R forward, pivot 3/4 left
- 7-8 Step R side, cross L behind R

SECTION C

C[1-16] SIDE-CLOSE-SIDE-CLOSE STEPS

- 1-2 Step R side bending knees. Hold. Elbows at sides, drum palms down onto each other twice.
- 3-4 Step L together. Relax knees and arms.
- 5-8 Repeat 1-4
- 9-16 Repeat 1-8 leading with opposite foot

C[17-24] OUT-OUT, IN-IN, FORWARD SHUFFLES

- 1-2 Step R diagonally front, step L diagonally front
- 3-4 Step R back, step L back
- 5&6 Step R forward, slide L behind, step R forward (right arm out front)
- 7&8 Step L forward, L, slide R behind, step L forward (left arm out front)

C[25-32] HALF-TURN STEPS, BEND BACK, UNBEND

- 1-4 Step R forward, pivot 1/2 left, step R forward , step L together
- 5-6 Throw arms up and arch back vocalizing “whoop”, hold
- 7-8 Drop arms and unbend body, hold

TAG [1-16]

- 1-2 Step R diagonally front, step L diagonally front
- 3-4 Step R back, step L together
- 5-6 Shuffle RLR in place, body to right
- 7-8 Turn 1/4 left and shuffle LRL in place
- 9-16 Repeat 1-8

NOTE: As a Showcase dance, use the 32-count Intro plus the 32-count Section A as introductory assembly and entrance to the main dance.

The new sequence begins with a single A section.

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