

Traketeo Zumba

COPPER KNOB
STEPSHEETS

拍数: 176 墙数: 1 级数: Intermediate
编舞者: Pooi Kuan (MY) - December 2015
音乐: Traketeo - Presuntos Inocentes



Dance Starts after 24counts - Sequence: ABC TAG D, ABC TAG D

PART A (64 counts)

Section A1: Skate RL, Side Chasse, Skate LR, Side Chasse

1 2 3&4 Skate RF to R, Skate LF to L, Right Chasse on RF,LF,RF

5 6 7&8 Skate LF to L, Skate RF to R, Left Chasse on LF,RF,LF

Section A2: Repeat A1

Section A3: Right Cross Touch Twice, Left Cross Touch Twice

1 2 3 4 Touch RF over LF, Touch RF to R, Touch RF Over LF, Step RF to R

5 6 7 8 Touch LF over RF, Touch LF to L, Touch LF Over RF, Step LF to L

Section A4: Hip Drop 8x and Claps

&1 Touch RF slightly forward Lift R hip (&), Drop R hip & slap hands on waist (1)

&2 Lift R hip (&) Drop R hip & clap hands on top (2)

&3 Lift R hip (&), Drop R hip & slap hands on waist (3)

&4 Lift R hip (&) Drop R hip & clap hands on top (4)

&5 Lift R hip (&), Drop R hip & slap hands on waist (5)

&6 Lift R hip (&) Drop R hip & clap hands on top (6)

&7 Lift R hip (&), Drop R hip & slap hands on waist (7)

&8 Lift R hip (&) Drop R hip & clap hands on top (8)

Section A5: Repeat A3

Section A6: Repeat A4

Section A7: Repeat A1

Section A8: Repeat A1

PART B (32 counts)

Section B1: Right - Step Together Step, Star Step

1 2 3 4 Step RF to R, Close LF together, Step RF to R, Close LF Together (with Chest Pop)(12:00)

5& Turn 1/4L with weight on LF & Touch RF to R, Hitch RF (9:00)

6& Turn 1/4L with weight on LF & Touch RF to R, Hitch RF (6:00)

7& Turn 1/4L with weight on LF & Touch RF to R, Hitch RF (3:00)

8 Turn 1/4L with weight on LF & Step RF beside LF (12:00)

Section B2: Left - Step Together Step, Star Step

1 2 3 4 Step LF to L, Close RF together, Step LF to L, Close RF Together (with Chest Pop)(12:00)

5& Turn 1/4R with weight on RF & Touch LF to L, Hitch LF (3:00)

6& Turn 1/4R with weight on RF & Touch LF to L, Hitch LF (6:00)

7& Turn 1/4R with weight on RF & Touch LF to L, Hitch LF (9:00)

8 Turn 1/4R with weight on RF & Step LF beside RF (12:00)

Section B3: Step Touch, 1/4 Turn Forward Lock Step

1 2 3 4 Step RF to R, Touch LF beside RF, Step LF to L, Touch RF beside LF (12:00)

- 5&6& 1/4R Turn Step RF Forward, Touch LF behind RF, Step RF Forward, Touch LF behind RF (3:00)
 7&8& Step RF Forward, Touch LF behind RF, Step RF Forward, Touch LF behind RF,

Section B4: □Step Touch, ¼ Turn Forward Lock step

- 1 2 3 4 1/4L Turn Step LF to L, Touch RF beside LF, Step RF to R, Touch LF beside RF (12:00)
 5&6& 1/4L Turn Step LF Forward, Touch RF behind LF, Step LF Forward, Touch RF behind LF (9:00)
 7&8& Step LF Forward, Touch RF behind LF, Step LF Forward, Touch RF behind LF

PART C (32 counts)

Section C1: □Step Touch 2x, Big Step Touch

- 1&2& Step RF to R, Touch LF beside RF, Step LF to L, Touch RF beside LF (Shoulder Shimmy)
 3 4 Big Step RF to R, Touch LF beside RF (Swing hands from Left to Right)
 5&6& Step LF to L, Touch RF beside LF, Step RF to R, Touch LF beside RF (Shoulder Shimmy)
 7 8 Big Step LF to L, Touch RF beside LF (Swing hands from Left to Right)

Section C2: □Step Touch 2x, Big Step Touch, Hip Bump with Posture

- 1&2& Step RF to R, Touch LF beside RF, Step LF to L, Touch RF beside LF (Shoulder Shimmy)
 3 4 Big Step RF to R, Touch LF beside RF (Swing hands from Left to Right)
 5 6 7 8 Bump Hip L,R,L,R (with 4 posture)

Section C3: □Step Touch 2x, Big Step Touch (Opposite side C1)

- 1&2& Step LF to L, Touch RF beside LF, Step RF to R, Touch (Shoulder Shimmy)
 3 4 Big Step LF to L, Touch RF beside LF (Swing hands from Left to Right)
 5&6& Step RF to R, Touch LF beside RF, Step LF to L, Touch RF beside LF (Shoulder Shimmy)
 7 8 Big Step RF to R, Touch LF beside RF (Swing hands from Left to Right)

Section C4: □Step Touch 2x, Big Step Touch, Hip Bump with Posture (Opposite side C2)

- 1&2& Step LF to L, Touch RF beside LF, Step RF to R, Touch LF beside RF (Shoulder Shimmy)
 3 4 Big Step LF to L, Touch RF beside LF (Swing hands from Right to Left)
 5 6 7 8 Bump Hip R,L,R,L (with 4 posture)

TAG (16 counts)

Section T1: □Rocking Chair

- 1 2 Rock RF forward, Recover on LF
 3 4 Rock RF Back, Recover on LF
 5 6 Rock RF forward, Recover on LF
 7 8 Rock RF Back, Recover on LF

Section T2: □Rocking Chair (Fast Step)

- 1&2& Rock RF forward, Recover on LF, Rock RF Back, Recover on LF
 3&4& Rock RF forward, Recover on LF, Rock RF Back, Recover on LF
 5&6& Rock RF forward, Recover on LF, Rock RF Back, Recover on LF
 7&8& Rock RF forward, Recover on LF, Rock RF Back, Recover on LF

PART D (32 counts)

Section D1: □Twist Hip 4x, Toe Switches

- 1&2& Touch RF slightly forward & Lift Right Hip (1), Drop Right Hip (&), Lift Right Hip (2), Drop Right Hip (&)
 3&4& Lift Right Hip (3), Drop Right Hip (&), Lift Right Hip (4), Drop Right Hip (&)
 5&6& Touch R toe to R, Step RF beside LF, Touch L toe to L, Step LF beside RF
 7&8 Touch R toe to R, Step RF beside LF, Touch L toe to L

Section D2: □Twist Hip 4x, Toe Switches

- 1&2& Touch LF slightly forward & Lift left Hip (1), Drop left Hip (&), Lift left Hip (2), Drop left Hip (&)

3&4& Lift left Hip (3), Drop left Hip (&), Lift left Hip (4), Drop left Hip (&
5&6& Touch L toe to L, Step LF beside RF, Touch R toe to R, Step RF beside LF
7&8 Touch L toe to L, Step LF beside RF, Touch R toe to R

Section D3: Repeat D1

Section D4: Repeat D2

Enjoy!

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