

Chammak Challos

COPPER KNOB
STEPSHEETS

拍数: 176 墙数: 1 级数: Phrased High Beginner
编舞者: Mayee Lee (MY) - August 2017
音乐: Chammak Challos (Muthada Chammak Challos) - Akon, Vishal Dadlani & Hamsika Iyer



Intro: Start after 4 counts or start at 0.09 seconds

Sequence of dance : Intro Dance AB C1-16 ABCD A49-80 BB CC

Intro Dance (40 counts)

Sec i1: : R Side, Together, R Side, Touch L, Marching On Spot, Hold

1 – 4 Step R to R(1), step L beside R(2), step R to R(3), step L beside R(4)(Prayer Pose)

5 – 8 Marching on spot RLR(5-7), hold(8)Move clasp palm RLR(5-7)

Sec i2: : L Side, Together, L Side, Touch R, Marching On Spot, Hold

1 – 4 Step L to L(1), step R beside L(2), step L to RL(3), step R beside L(4)(Prayer Pose)

5 – 8 Marching on spot LRL(5-7), hold(8)Move clasp palm LRL(5-7)

Sec i3: : R Hand In, L Hand In, Head Down Up, Move Head To RLRL

1 – 4 Hold(1-4)(R Hand close to chest with Indian finger(1), L hand in too(2),head down & up(3-4)

5 – 8 Hold(5-8)(Move your head to RLRL)

Sec i4: : Forward Toe Strut R & L, Marching On Spot,

1 – 4 Touch R Toe forward(1), step R down(2), touch L toe forward(3), step L down(4)

5 – 8 Marching on spot RLRL(5-8)(Draw circle from bottom to top)

Sec i5: : R & L Toe Strut On Spot, Shoulder Forward & Back

1 – 4 Touch R toe on spot(1), step R down(2),touch L toe on spot(3), step L down(4)

5 – 8 Hold(5-8)(Move shoulder forward RLRL)

Part A (80 counts)

Sec A1 : R Back, Touch, Bump L Hip, L Back, Touch, Bump R Hip

1 – 4 Step R back(1), sit on R & touch L(2), bump L hip twice(3-4)

5 – 8 Step L back(5), sit on L & touch R(6), bump R hip twice(7-8)

Sec A2 : R Back, Touch, Chest Bump, L Back, Chest Bump

1 – 4 Step R back(1), sit on R & touch L(2), chest bump twice(3-4)

5 – 8 Step L back(5), sit on L & touch R(6), chest bump twice(7-8)

Sec A3 : Diagonal R Shuffle, Scuff L, Diagonal L Shuffle, Scuff R

1 – 4 Step R to diagonally R(1), step L on ball behind R(2), step R to diagonally R(3), scuff L(4)

5 – 8 Step L to diagonally L(5), step R on ball behind L(6), step L to diagonally L(7), scuff R(8)

Sec A4 : R Rocking Chair, Twist R Hip x4

1 – 4 Step R forward(1), recover on L(2), step R back(3), recover on L(4)(facing diagonal L)

5 – 8 Touch R forward weight on L, twist R hip 4 times(5-8)

Sec A5 : Vine Step To R, touch L, Vine step To L, touch R

1 – 4 Step R to R(1), step L behind R(2), step R to R(3), touch L to L(4)

5 – 8 Step L to L(5), step R behind L(6), step L to L(7), touch R beside L(8)

Sec A6 : R Heel, L Together, L Heel, R Together, Hold 4 counts

1 – 4 Touch R heel to R(1), step R beside L(2), touch L heel to L(3), step L beside R(4)

5 – 8 Hold(5-8)(Move shoulder forward and back which start from R shoulder forward)

Sec A7 : Step On R Bounce 4 Times, Step On L Bounce 4 Times

1 – 4 Step R to R & bounce 4 times(1-4)

5 – 8 Step L to L & bounce 4 times(5-8)

Sec A8 : Step On R Twist Hip 6 Times, Step On L & R

1 – 8 Step on R & sit on R, bounce 6 times(1-6), step L on spot(7), step R on spot(8)

Sec A9 : Step On L Bounce 4 Times, Step On R Bounce 4 Times

1 – 4 Step L to L & bounce 4 times(1-4)

5 – 8 Step R to R & bounce 4 times(5-8)

Sec A10 : Step On L Twist Hip 6 Times, Step On R & L

1 – 8 Step on L & sit on L, bounce 6 times(1-6), step R on spot(7), step L on spot(8)

(Hand movement for Sec 7-10, please refer to my tutorial video on youtube site)

Part B (32 counts)

Sec B1 : Step Back RLR, Touch L, Walk Forward LRL With Shimmy, Touch R

1 – 4 Walk back RLR(1-3), touch L forward(4)(Roll shoulder back which start from R)

5 – 8 Walk forward LRL(5-7), touch R beside L(8)(Shimmy when walk forward)

Sec B2 : Body Roll & Sit R, Bounce Twice, Body Roll To L & Sit L, Bounce Twice

1 – 4 Body to R & sit R(1-2), bounce twice(3-4)

5 – 8 Body to L & sit L(5-6), bounce twice(7-8)

Sec B3 : Repeat Part B Section 1

Sec B4 : Repeat Part B Section 2

Part C (32 counts)

Sec C1 :R Toe Strut With Hip Bump, L Toe Strut With Hip Bump x2

1 – 4 Touch R forward(1), step R down(2), touch L forward(3), step L down(4)

5 – 8 Touch R forward(5), step R down(6), touch L forward(7), step L down(8)

Sec C2 : Paddle ½ Turn L

1 – 4 Step R forward(1), 1/8 turn L recover on L(2)(10.30), step R forward(3), 1/8 turn L recover on L(4)(9.00)

5 – 8 Step R forward(5), 1/8 turn L recover on L(6)(7.30), step R forward(7), 1/8 turn L recover on L(8)(6.00)

(Remarks : When doing C16, do paddle full turn L and start the dance again facing 12.00)

Sec C3 : Repeat Part C Section 1

Sec C4 : Repeat Part C Section 2

Part D (32 counts)

Sec D1 : Side, Together, Side, Touch, Rolling Vine To L

1 – 4 Step R to R(1), step L beside R(2), step R to R(3), touch L beside R(4)

5 – 8 ¼ turn L step L forward(5)(9.00), ½ turn L step R back(6)(3.00), ¼ turn L step L to L(7)(12.00), touch R beside L(8)

Sec D2 : Repeat Part D Section 1

Sec D3 : Jump To R, Jump To L, Out, Out, In, In

&1&2 Slightly scouf R to R(&), step R down(1), step L on ball(&), step R on ball(2)

&3&4 Slightly scuff L to L(&), step L down(5), step R on ball(&), step L on ball(6)

5 – 8 Step R out(5), step L out(6), step R in(7), step L beside R(8)

Sec D4 : Repeat Part D Section 3

Hand Movement : Please refer to youtube tutorial and demo videos

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