

Saahyaang

COPPER KNOB
BY STEPHEN

拍数: 96 墙数: 1 级数: Phrased Beginner
编舞者: Wenarika Josephine (INA) - November 2017
音乐: Sayang - Via Vallen



Start dance on vocal .

Sequence (A-BB-CC-DD-EE) (A-BB-CC-DD-EE) (A-BB-CC-DD-EE) (A-BB)

Part A (32 counts)

(This part is mainly hands movements, while swaying hips to right and left)

- 1 – 4 stretch both arms forward diagonally, palms facing up
- 5 – 8 bring boths arms behind both ears
- 9 – 12 cross both hands on chest, plams facing chest
- 13 – 16 stretch out right hand forward diagonally right, palm facing up
- 17 – 20 stretch out left hand forward diagonally left, palm facing up
- 21 – 24 bring both arms together above head, then gradually take both arms down along side body
- 25 – 26 palms facing front at chest level, move open to both sides (2 counts)
- 27 – 28 make fist on both hands straight up at eye level, move elbows down (2 counts)
- 29 – 32 make “heart” figure on right chest

Part B (16 counts)

SIDE TOGETHER SIDE TOUCH, SIDE TOUCHES

- 1 – 4 Step RF to side , step LF together, step RF to side , touch LF beside RF
- 5 – 8 Step on LF , touch RF, step on RF , touch LF
- 9 – 12 Step LF to side , step RF together, step LF to side, touch RF beside LF
- 13 – 16 Step on RF , touch LF , step on LF, touch RF

Part C (16 counts)

ROCKING CHAIR, PADDLE TURNS

- 1 – 4 Rock RF fwd , recover on LF , rock LF back , recover on LF
- 5 – 8 Rock RF to side , recover on LF , turn ¼ left rock RF to side , recover on LF
- 9 – 12 Rock RF fwd , recover on LF , rock LF back , recover on LF
- 13 – 16 Rock RF to side , recover on LF , turn ¼ left rock RF to side , recover on LF

Part D (16 counts)

RF & LF DIAGONAL STEP TOGETHER STEP TOUCH , BACK STEP AND HITCH

- 1 – 4 Step RF diagonally fwd , step LF together , step RF diagonally fwd, touch LF together
- 5 – 8 Step LF diagonally fwd , step RF together, step LF diagonally fwd, touch RF together
- 9 – 12 (squaring front) step back on RF, hitch LF, step back LF , hitch RF
- 13 – 16 Step back on RF , hitch LF , step back on LF , hitch RF

Part E (16 counts)

V-STEPS 2X , FORWARD , PIVOT ½ LEFT, FORWARD , PIVOT ½ LEFT

- 1 – 4 Step RF forward and out, step LF to side, step RF to centre, step LF beside RF
- 5 – 8 Step RF forward and out, step LF to side, step RF to centre, step LF beside RF
- 9 – 12 Step RF forward , hold , turn ½ left , hold
- 13 – 16 Step RF forward , hold , turn ½ left , hold

ENJOY THE DANCE.

Contact email : wenarikajosephine@gmail.com

