

Our Reggaeton

COPPER KNOB
BY STEPHEN

拍数: 80 墙数: 2 级数: Phrased Easy Intermediate
编舞者: Lily Chin (MY) & Leong Mei Ling (MY) - March 2020
音乐: China Reggaeton (feat. Anthony Wong (黄秋生)) - Namewee (黄明志)



Music Intro: Dance starts approx. 11 seconds into the track, after the guzheng (chinese harp) instrumental.
For body movements & hand styling, please refer to the video at <http://bit.ly/2TvWCP8>

Sequence: Intro, ABB, ABB, Intro, BB, last 8 counts of B (2X)
NO TAGS, NO RESTARTS

Dance Intro:

Set 1: Position Body to 1:30, L Toe resting beside R foot

- 1-6 Slowly raise L arm from hip forward and upwards, like a clock hand moving counter clockwise from 6:00 to 12:00 (body pulsing with the beat)
7-8 Step L down, rest R toe beside L (body now facing 10:30)

Set 2: Body Position at 10:30

- 1-6 Slowly raise R arm from hip forward and upwards, like a clock hand moving clockwise from 6:00 to 12:00 (body pulsing with the beat)
7-8 (square back to 12:00) Step R to side, L to side

Set 3: HORIZONTAL HAND SWEEPS

- 1-4 Lean body back and left, extend L arm horizontally fwd across body at chest level, slowly sweeping from R to L (as body moves from L to R)
5-8 Do the reverse of 1-4

Set 4 WALK FORWARD, WALK BACK

- 1-4 Step forward R, L, R, L (extend both arms forward from hip to chest level)
5-8 Step back R, L, R, step L to side (bring both hands back to chest)

SECTION A (64 counts)

[1-8] SHOULDER SHAKES, CHEST POP

- 1-3 Push L shoulder back x3 (gradually transferring weight from L to R foot)
4 Pop chest forward [10:30] (weight on R, L bent at the knee, toe resting on floor)

{Hands: please refer to video}

- 5-7 Step down on L, push R shoulder back x3 (gradually transferring weight from R to L)
8 Pop chest forward [1:30] (sit weight on L, R foot bent at the knee, toe resting on floor)

{Hands: please refer to video}

[9-16] STEP BACK-RECOVER-BACK (R, L), BACK ROCK, STEP TOUCHES, HITCH

- 1&2 Step R back, recover weight to L, step R in place
3&4 Step L back, recover weight to R, step L in place
5-6 Rock R back, recover to L
&7 Step R fwd to right diagonal, touch L beside
&8a Step L fwd to left diagonal, touch R beside, then hitch R

[17-24] BOTA FOGOS, CROSS, ¼ BACK, BALL CROSSES

- 1a2 Step R across L, place ball of L to side, replace weight to R
3a4 Step L across R, place ball of R to side, replace weight to L
5-6 Step R across L, ¼ turn right step L back [3:00]
a7a8 Step ball of R beside L, cross L in front of R, step ball of R to side, cross L in front of R

[25-32] SAMBA WHISKS, ¼ TURN BOTA FOGO, CROSS SHUFFLE

- 1a2 Step R to side, press ball of L behind R, step R in place
- 3a4 Step L to side, press ball of R behind L, step L in place
- 5a6 (angle body right to start the ¼ turn) Step R across L, press ball of L to side (completing the turn), step R in place [6:00]
- 7&8 Cross L over R, step R to side, cross L over R

[33-40] HALF RUMBA BOX FWD, FWD SHUFFLE, FWD MAMBO, STEP-FLICK

- 1&2 Step R to side, close L beside R, step R forward
- 3&4 Step L fwd, close R slightly behind L, step L forward
- 5&6 Step R fwd, recover weight to L, step R back
- 7-8 Step L beside R, flick R foot to the side and slightly back

{please refer to video for arms styling}

[41-48] POINTS, SAILOR STEP, POINTS, SHIMMY

- 1-2 Touch R toe to front left diagonal, touch R toe to right side
- 3&4 Step ball of R behind L, step L to left side, step R to right side
- 5-6 Touch L toe to front right diagonal, touch L toe to left side
- 7-8 Step down L (both feet bent at knees), shimmy shoulders & gradually transfer weight from R to L, touch R beside L

[49-56] REGGAETON BACK PUSHES (4X)

- 1-2 Place ball of R to back right diagonal (lean fwd, pushing bum back) [4:30]Step R slightly back and centre (straighten body) [6:00]
- 3-4 Place ball of L to back left diagonal (lean fwd, pushing bum back) [7:30]Step L slightly back and centre (straighten body) [6:00]
- 5-8 Repeat steps 1-4.

(note: you are gradually travelling backwards)

[57-64] WALK FORWARD, HIP ROLLS

- 1-2 Walk forward R, L
 - 3-4 Touch R beside L, step R to side (feet are shoulder width apart)
- (count 3: bend both arms in front of face, crouching slightly, count 4: raise both arms above head, elbows still bent)**
- 5-8 Roll hips counter clockwise over 4 counts (lower arms on each side from head to shoulders to chest to hip)

SECTION B : CHORUS (16 counts)

[1-8] HANDSTYLING: ALTERNATING ARM PULLS, OPEN – CLOSE HORIZONTAL ARMS

(Arms bent at the elbows, forearms vertical and fingers pointing up, palms facing each other)

- 1&2 Pull R forearm down as L forearm goes up (1), raise R forearm L forearm goes down (&), R forearm down as L forearm goes up (2).
- 3& Arms still bent at the elbow, place both forearms horizontally away from body to respective sides at chest level, palms facing forward (3), bring both palms to chest facing inward (&),
- 4& Repeat counts 3&
- 5-8 Cross both arms in front of chest palms facing up, then extend arms and simultaneously do a horizontal sweep of R arm to right, L arm to left (body leans from right to left)

{please refer to video for clearer comprehension of the above description}

[9-16] ALTERNATING UP & DOWN ARM WAVES, CLAP, ARM SWEEP

- 1 & [body faces 9:00]
- (Starting position: R arm up, L arm down, palms facing up) bring R arm down as L goes up (1) Reverse action: R arm up, L arm down (&)**
- 2-3 Repeat counts '1&' two more times
 - 4 Arms still extended, clap palms together
 - 5-6 Palms still together, sweep extended arm horizontally from right to left
 - 7-8 L arm remains extended, gradually slide R palm along L arm towards chest

HAVE FUN!

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