

Halo Halo

COPPER KNOB
BY STEPHEN

拍数: 50 墙数: 2 级数: Phrased Intermediate
编舞者: Foo Sally (MY) - March 2020
音乐: Halo - Beyoncé : (Album: Legendado)



INTRO : EASY APPROACH (OUT,OUT IN,IN) X 4 , (SWAY) . OR FACING BACKWARD RF STEP FORWARD

PIVOT ½ TURN ,RF STEP NEXT TO LF.LF STEP IN PLACE. V STEP X 3 ,RF & LF ,KNEE POP.

BEGIN DANCE AT VOCAL. Dance sequence : AAB AAC AABC A Tag ABC

SESSION A : 16c: (SKATE R & L) X 2 . RF SAILOR,RECOVER. LF SAILOR ,RECOVER. WALK FORWARD R, L. MAMBO RF TO RIGHT SIDE ,RECOVER .MAMBO LF TO LEFT SIDE, RECOVER. RF STEP FORWARD PIVOT ½ TURN LEFT.

- 1 , 2, 3 ,4. Skate forward RF, LF,RF, LF.
- 5 & 6 , 7& 8 RF cross rock behind ,recover. LF cross rock behind recover.

- 1 – 2 Walk forward RF, LF
- 3 & 4 RF mambo to right,recover next to LF.
- 5 & 6 LF mambo to left , recover next to RF.
- 7 & 8 RF step forward , pivot 1/2 turn L.

SESSION B : 8c: (RF SLIDE DIAGONALLY RIGHT. LF STEP NEXT TO RF. R KNEE POP, L KNEE POP, LF SLIDE DIAGONALLY LEFT. RF STEP NEXT TO LF. L KNEE POP,R KNEE POP)X 2

- 1&2& ,3&4& RF slide diagonally to right. LF step next to RF. R knee pop, L knee pop
- 5&6&, 7&8& LF slide diagonally to Left. RF step next to LF. L knee pop, R knee pop

SESSION C : 26c: (R HIP BUMP, L HIP BUMP) TWICE , BODY ROLL TO RIGHT. RF,LF,RF STEP BACK HOLD. (RF & LF KNEE HITCH ALTERNATELY, X 2) RF ,LF POP.

- 1 - 4 RF step forward with hip bump
- 5 - 8 LF step forward hip bump - Repeat R & L Hip bump.

- 1 – 4 Body roll to the right
- 5 – 8 RF step back (5) ,LF step back (6) ,RF step back hold . (7-8)

- 1 – 4 RF hitch recover(1- 2), LF hitch recover(3 -4)
- 5 - 8 RF hitch recover(5- 6), LF hitch recover(7 -8)

- 1 - 2 RF pop, LF pop.

TAG : 8c : RF STEP TOGETHER NEXT TO LF. RF STEP FORWARD, LF STEP NEXT TO RF , HOLD, RUNNING STEP FORWARD.

- 1, 2,3 RF step together next to LF. RF big step forward ,LF step next to RF.
- 4 Hold
- 5 – 8 Quick step forward RF,LF,RF,LF

END DANCING AT C ENDING WITH BODY ROLL AND STEP BACK RF,LF. POST. (22 c)

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Last Update - 2 Sept 2020