

Pura-Pura Lupa

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Phrased Intermediate
编舞者: Julee Hansel (INA) - March 2020
音乐: Pura-Pura Lupa - English Version (Mahen)



Dance Sequence: A-A-B-A-A-A- A-restart B-A-A- A-restart A-A-A
Start dance after 8 counts, start moving on lyric
Start position : standing with body weight on RF (cross over LF with opening body up to 10.30)

PART - A (16 counts)

I. 4 FIGURE, DIAGONALLY ROCK FW, FULL SPIRAL TURN, STEP FW

- 1 Step LF in place, 4 figure with RF turning 1/4 to R (1.30)
- 2 Slightly cross RF behind LF
- & Turn 1/4 to L, step LF fw (10.30)
- 3 Cross RF over LF
- 4 Recover on LF
- & Step RF to R (12.00)
- 5 Cross LF over RF with opening body up to 1.30
- 6 Recover on RF
- & Step LF to L (12.00)
- 7 Cross RF over LF on bold, full turn
- 8 Step LF fw

II. CROSS ROCK, BW LOCK STEP, TURN & TOUCH, TURN (2X), COASTER CROSS

- 1 Cross rock fw on RF with opening body up to 10.30
- 2 Recover on LF
- & Step RF bw with opening body up to 1.30
- 3 Lock LF over RF
- & Step RF bw squaring up to 12.00
- 4 Turn 1/4 to L, step LF to L (9.00)
- & Touch RF next to LF
- 5 Turn 1/4 to R, step RF fw (12.00)
- 6 Turn 1/2 to R, step LF bw (6.00)
- 7 Step RF bw
- & Step LF next to RF
- 8 Cross RF over LF, opening body up to 4.30

PART - B (16 counts)

I. DIAMOND FALL AWAY, TURN & SWAY

- 1 Step LF bw (10.30)
- & Step RF bw
- 2 Turn 1/8 to L, step LF to L (9.00)
- 3 Turn 1/8 to L, step RF fw (7.30)
- & Step LF fw
- 4 Turn 1/8 to L, step RF to R (6.00)
- 5 Turn 1/8 to L, step LF bw (4.30)
- & Step RF bw
- 6 Turn 1/8 to L, step LF to L (3.00)
- 7 Turn 1/4 to left, step RF to R with hip sway (12.00)
- 8 Recover on LF with hip sway

II. SAILOR STEP WITH TURN (2X), SWAY, COASTER CROSS

- 1 Turn 1/4 to R, step RF slightly behind LF (3.00)
- & Step LF to L
- 2 Recover on RF
- 3 Turn 1/2 to L, step LF slightly behind RF (9.00)
- & Step RF to R
- 4 Recover on LF
- 5 Turn 1/4 to left, step RF to R with hip sway (6.00)
- 6 recover on LF with hip swing
- 7 step RF bw
- & step LF next to RF
- 8 cross RF over LF, opening body up to 10.30

RESTART

After 4 counts on Wall 7.

- 4 hold the move with body weight on RF, then continue with Sequence B.

After 4 counts on Wall 11.

- 4 hold the move with body weight on RF, then continue with Sequence A.

ENDING

At the end of Wall 14, the last 2 counts are:

- & Step LF next to RF
- 8 Step RF fwd

Additional 8 counts of pose

- 1 Step LF fwd
- 2 - 8 hold with hand action (up and down or free style)

Happy Dancing - Life is Beautiful

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