

La Zumbera

COPPER KNOB
STEPSHEETS

拍数: 160 墙数: 1 级数: Phrased Intermediate
编舞者: Ayek Lesmana (INA) - September 2020
音乐: La Zumbera (Video Mix) - DJ Samuel Kimkò



Sequence : A (32 Count) B C A B C A B
Start on vocal

PART A : 64 COUNT

A1. RIGHT SIDE WAVE

1 - 8 Step R to side and while the body making side wave movement

A2. IN PLACE - HOLD - BODY WAVEx2

1 - 2 Step L in place, Hold

3 - 4 Step R in place, Hold

5 6 7 8 Body Wave 2x

A3. LEFT SIDE WAVE

1 - 8 Step L to side and while the body making side wave movement

A4. IN PLACE - HOLD - BODY WAVEx2

1 - 2 Step R in place, Hold

3 - 4 Step L in place, Hold

5 6 7 8 Body Wave 2x

A5. CHEST PUMP x4 WITH ARM VARIATION

1 - 2 Push your chest forward and put both hands on the shoulders, push your chest forward and put both hands on hipline

3 - 4 Push your chest forward and put both hands on the shoulders, push your chest forward and put both hands on hipline

5 - 6 Push your chest forward and put both hands on the shoulders, push your chest forward and put both hands on hipline

7 - 8 Push your chest forward and put both hands on the shoulders, push your chest forward and put both hands on hipline

(The whole movement facing 1:30)

A6. V STEP - BALL FORWARD, SIDE, BACK - CLOSE

1 - 2 Step R diagonal forward, Step L diagonal forward

3 - 4 Step R back to center, Step L back to center

5 6 7 8 Ball R forward, Ball R to side, Ball R back, Close R beside left.

A7. CHEST PUMP x4 WITH ARM VARIATION

1 - 2 Step L to side, push your chest forward and put both hands on the shoulders, push your chest forward and put both hands on hipline

3 - 4 Push your chest forward and put both hands on the shoulders, push your chest forward and put both hands on hipline

5 - 6 Push your chest forward and put both hands on the shoulders, push your chest forward and put both hands on hipline

7 - 8 Push your chest forward and put both hands on the shoulders, push your chest forward and put both hands on hipline

(The whole movement facing 10:30)

A8. V STEP - BALL FORWARD, SIDE, BACK - CLOSE

1 - 2 Step L diagonal forward, Step R diagonal forward

3 - 4 Step L back to center, Step R back to center
5 6 7 8 Ball L forward, Ball L to side, Ball L back, Close L beside right

PART B. 32 COUNT

B1. CUMBIA FRONT & BACK - HOP SIDEx4

1 2 3 4 Heel R forward, Ball R back, Heel R forward, Ball R back (Facing 10.30)
5 6 7 8 Hop R to side (left foot along right foot) 4x

Arm Styling : Swing right hand straight up, and bend left hand in front of your chest (diagonal position).

B2. CUMBIA FRONT & BACK - HOP SIDEx4

1 2 3 4 Heel L forward, Ball L back, Heel L forward, Ball L back (Facing 1.30)
5 6 7 8 Hop L to side (right foot along left foot) 4x

Arm Styling : Swing left hand straight up, and bend right hand in front of your chest (diagonal position).

B3. CUMBIA FRONT & BACK - TURN 1/4 LEFT WITH BALLx4

1 2 3 4 Heel R forward, Ball R back, Heel R forward, Ball R back (Facing 10.30)
5 6 Turn ¼ Left Ball right to side, Turn ¼ Left Ball right to side
7 8 Turn ¼ Left Ball right to side, Turn ¼ Left Ball right to side

B4. CUMBIA FRONT & BACK - TURN ¼ RIGHT WITH BALLx4

1 2 3 4 Heel L forward, Ball L back, Heel L forward, Ball L back (Facing 1.30)
5 6 Turn ¼ Right Ball left side, Turn ¼ Right Ball left side
7 8 Turn ¼ Right Ball left side, Turn ¼ Right Ball left side

PART C. 64 COUNT

C1. STEP FORWARD IN OPEN LEG POSITION - CHEST PUMP WITH ARM VARIATION

1 2 3 4 Step R diagonal forward, Step L diagonal forward, Step R forward, Step L forward (open leg position)
5 6 Push your chest forward (left hand curled above the head), push your chest forward (bend left hand and push to the left side) .. Facing 1.30
7 8 Push your chest forward (left hand curled above the head), push your chest forward (bend left hand and push to the left side)

C2. STEP BACKWARD IN OPEN LEG POSITION - CHEST PUMP WITH ARM VARIATION

1 2 3 4 Step L diagonal back, Step R diagonal back, Step L back, Step R back (open leg position)
5 6 Push your chest forward (right hand curled above the head), push your chest forward (bend right hand and push to the right side) .. Facing 10.30
7 8 Push your chest forward (right hand curled above the head), push your chest forward (bend right hand and push to the right side)

C3. FORWARD MAMBO - BACKWARD MAMBO - SIDE ROCK - RECOVER - SIDE ROCK - RECOVER

1 & 2 Step R forward, Recover on L, Step R back
3 & 4 Step L back, Recover on R, Step L forward
5 & 6 Step R to side, Recover on L, Close R beside L
7 & 8 Step L to side, Recover on R, Close L beside R

C4. BOTAFOGO - TURN ¼ RIGHT - JAZZ BOXX

1 - a2 Cross R over L, Ball Left to side, Step R in place
3 - a4 Cross L over R, Ball Right to side, Step L in place
5 6 7 8 Turn ¼ Right Cross R over L, Step L back, Step R to side, Step L forward

C5. WALK FORWARD - KICK BALL STEP - PIVOT ¼ LEFT

1 2 3 4 Walk forward R,L,R,L (Option : bend your knee on count 1&3)
5 & 6 Kick R forward, Close R beside L, Step L forward
7 8 Step R forward, Turn ¼ Left Step L in place

C6. VOLTA R - L

1&2& Cross R over L, Ball L to side, Cross R over L, Ball L to side
3&4 Cross R over L, Ball L to side, Cross R over L
5&6& Cross L over R, Ball R to side, Cross L over R, Ball R to side
7&8 Cross L over R, Ball R to side, Cross L over R

C7. PIVOT ½ LEFTx2 - WALK FORWARD

1 2 Step R forward, Turn ½ Left, Step L in place
3 4 Step R forward, Turn ½ Left, Step L in place
5 6 7 8 Walk forward R,L,R,L (back to center)

C8. BATU CADA

1 2 Step R back, Touch L slightly forward and hip roll
3 4 Step L back, Touch R slightly forward and hip roll
&5&6& Step R back, Touch L slightly forward and hip roll, Step L back, Touch R slightly forward and hip roll, Step R back
7&8 Touch L slightly forward and hiproll, Step L back, Touch R slightly forward and hip roll

Enjoy the dance...

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