

Umoja (Unity)

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Improver - Soul waltz
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音乐: Umoja - Imani Winds : (Imani Winds recording)



#84 count intro: start dance at :29 in music

TWINKLES

1-3 Cross left over right, step right next to left, step left next to right
4-6 Cross right over left, step left next right, step right next to left

CROSS & CROSS, SWEEP

1-3 Cross left over right, step right slightly right, step left slightly right
4-6 Touch ball of right foot next to left, sweep right foot across left for 2 counts

TWINKLES

1-3 Cross right over left, step left next to right, step right next to left
4-6 Cross left over right, step right next to left, step left next to right

CROSS & CROSS, SWEEP

1-3 Cross right over left, step left slightly left, step right slightly left
4-6 Touch ball of left foot next to right, sweep left foot across right for 2 counts

STEP HOLD STEP, LOCK STEP

1-3 Step left foot forward, hold, step right behind left
4-6 Step left foot forward, step right foot crossed behind left, step left foot forward

HIP SHIMMY RIGHT, LEFT

1-3 Rock right as you step right foot right while shimmying your hips to the right
4-6 Rock left as you step left foot left while shimmying your hips to the left

STEP TOUCHES WITH CLAPS

1-3 Clap to your right as you step right, hold, clap upper right as you touch left next to right
4-6 Clap to your left as you step left, hold, clap upper left as you touch right next to left

ROCK & ¼ TURN RIGHT SAILOR STEP

1-3 Rock forward as you step right foot forward, hold, rock backward on your left
4-6 Step right foot ¼ turn right behind left, step left next to right, step right next to left.

END THE DANCE

At 2:25 in the music, complete first 12 counts of dance, then with right crossed over left, slowly pivot on the balls of your feet ¾ turn to the left. Look up and touch the tips of your fingers above your head. At 2:38 in the music, keep looking up as you bring your arms slowly down, making a big circle with your hands until you touch your fingertips together at the bottom of the circle.

Use your arms to express yourself throughout the dance. Add your own style and have fun!!

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