

La Ora Na

COPPER KNOB
STEPSHEETS

拍数: 96

墙数: 4

级数: Phrased Easy Intermediate -
Hawaiian



编舞者: Isabelle Biasini (FR) - July 2024

音乐: la Ora Na - Ken Carlter

Intro : 32 counts

Séquence : A-A-B-A-A-B-A-C-A-A

PARTIE A (32 counts)

SIDE STEP R, STEP TOGETHER, SIDE STEP R, TOUCH L, SIDE STEP L, STEP TOGETHER, SIDE STEP L, TOUCH R

- 1-2 Step RF to right (1), Step together (2) (12:00)
- 3-4 Step RF to right (3), Touch LF next to RF (4) (12:00)
- 5-6 Step LF to left (5), Step together (6) (12:00)
- 7-8 Step LF to left (7), Touch RF next to LF (8) (12:00)

Style : Counts 1-4 : Arm movement to the right like a wave and look to the right

Counts 5-6 : Arm movement to the left like a wave and look to the left

STEP R FWD DIAGONAL, STEP TOGETHER, STEP R FWD DIAGONAL, TOUCH L, STEP L FWD DIAGONAL, STEP TOGETHER, STEP L FWD DIAGONAL, TOUCH R

- 1-2 Step RF forward diagonal (1), Step LF next to RF (2) (1:30)
- 3-4 Step RF forward diagonal (3), Touch LF next to RF (4) (1:30)
- 5-6 Step LF forward diagonal (3), Step RF next to LF (4) (10:30)
- 7-8 Step LF forward diagonal (3), Touch RF next to LF (4) (10:30)

Style : Counts 1-4 : Raise the right arm from the head down

Counts 5-8 : Raise the left arm from the head down

ROCK FWD, RECOVER, ROCK BACK, RECOVER, ROCK FWD, RECOVER, STEP BACK R, STEP TOGETHER

- 1-2 Step RF forward (1), Recover (2) Style : Swing arms forward (12:00)
- 3-4 Step RF backward (3), Recover (4) Style : Swing arms back (12:00)
- 5-6 Step RF forward (5), Recover (6) Style : Raise your arms (12:00)
- 7-8 Step RF backward (7), Step LF next to RF (weight on LF) Style : Lower yours arms (12:00)

STEP R FWD, ¼ TURN L, CROSS R, STEP BACK, SIDE STEP, ROCK STEP L FWD, RECOVER, STEP TOGETHER

- 1-2 Step RF forward (1) , ¼ Turn L (finish weight on LF) (2) (9:00)
- 3-4 Cross RF over LF (3), Step LF backward (4) (9:00)
- 5-6 Step RF to right (5), Step LF forward (6) with hip roll L and right hand behind the head (9:00)
- 7-8 Recover on RF (7), Step LF next to RF (finish weight on LF) (8) (9:00)

PARTIE B (16 counts) - Wall 3 (6:00) and Wall 6 (12:00)

V STEP WITH HOLD, WALK R L

- 1-2 Step RF forward diagonal (1), Hold (2) (6:00)
- 3-4 Step LF forward diagonal (3); Hold (4) (6:00)
- 5-6 Step RF backward (5), Step LF next to RF (6) (6:00)
- 7-8 Step RF forward (7), Step LF forward (8) (6:00)

JUMP FWD WITH ¼ TURN L, TOUCH, HOLD, JUMP FWD WITH ¼ TURN L, TOUCH, HOLD, JUMP FWD WITH ¼ TURN L, TOUCH, HIP BUMP R

- &1-2 Small jump RF forward with ¼ turn to L (&), Touch LF next to RF (1), Hold (2) Style : Swing your arms to the right (3:00)

- &3-4 Small jump LF forward with ¼ turn to L (&), Touch RF next to LF (3), Hold (4) Style :Swing your arms to the left (12:00)
- &5-6 Small jump RF forward with ¼ turn to L (&), Touch LF next to RF (5), Hold (6) Style :Swing your arms to the right (9:00)
- &7-8 Small jump LF forward with ¼ turn to L (&), Touch RF next to LF (7), Hip Bump R (8) Style :Swing your arms to the left (6:00)

PARTIE C (48 counts) - Wall 8 (9:00)

STEP R FWD AND BUMPS, STEP L FWD AND BUMPS, STEP R FWD AND BUMPS, STEP L FWD AND BUMPS

- 1&2 Step RF (1), Bump R x2 (&2) (9:00)
- 3&4 Step LF (1), Bump L x2 (&2) (9:00)
- 5&6 Step RF (1), Bump R x2 (&2) (9:00)
- 7&8 Step LF (1), Bump L x2 (&2) (9:00)

V STEP SYNCOPED, ½ TURN WITH HIP ROLLS

- &1 Step RF forward diagonal (&), Step LF forward diagonal (1) (9:00)
- &2 Step RF backward (&), Step LF next to RF (2) (9:00)
- 3-4 Step RF forward with 1/8 turn L (3), Hip roll (4) (finish weight on LF 7:30)
- 5-6 Step RF forward with 1/8 turn L (3), Hip roll (4) (finish weight on LF 6:00)
- 7-8 Step RF forward with 1/4 turn L (3), Hip roll (4) (finish weight on LF 3:00)

STEP R FWD AND BUMPS, STEP L FWD AND BUMPS, STEP R FWD AND BUMPS, STEP L FWD AND BUMPS

- 1&2 Step RF (1), Bump R x2 (&2) (3:00)
- 3&4 Step LF (1), Bump L x2 (&2) (3:00)
- 5&6 Step RF (1), Bump R x2 (&2) (3:00)
- 7&8 Step LF (1), Bump L x2 (&2) (3:00)

V STEP SYNCOPED, ½ TURN WITH HIP ROLLS

- &1 Step RF forward diagonal (&), Step LF forward diagonal (1) (3:00)
- &2 Step RF backward (&), Step LF next to RF (2) (3:00)
- 3-4 Step RF forward with 1/8 turn L (3), Hip roll (4) (finish weight on LF 1:30)
- 5-6 Step RF forward with 1/8 turn L (3), Hip roll (4) (finish weight on LF 12:00)
- 7-8 Step RF forward with 1/4 turn L (3), Hip roll (4) (finish weight on LF 9:00)

CROSS R, SIDE STEP, CROSS R, POINT L, CROSS L, SIDE STEP, CROSS L, POINT R,

- 1-2 Cross RF over LF (1), Step LF to left (2) (9:00)
- 3-4 Cross RF behind LF (3), Point LF to left (4) and clap (9:00)
- 5-6 Cross LF over RF (5), Step RF to right (6) (9:00)
- 7-8 Cross LF behind RF (7), Point RF to right (8) and clap (9:00)

CROSS R, SIDE STEP, CROSS R, ¼ TURN L STEP L FWD, STEP R FWD, ½ TURN L, JUMP FWD R AND LOCK L, STEP BACK L, TOUCH R

- 1-2 Cross RF over LF (1), Step LF to left (2) (9:00)
- 3-4 Cross RF behind LF (3), ¼ Turn L Step LF forward (4) (6:00)
- 5-6 Step RF forward (5), ½ Turn L (finish weight on LF) (6) (12:00)
- &7 Jump forward RF (&) and Lock LF behind RF (7) (12:00)
- &8 Step backward LF (7), Touch RF next to LF (8) (12:00)

The End : Step RF forward and ½ turn L to finish at 12:00

And start again with smile

Last Update – 2 Aug. 2024 – R2

