

Kamala Two Step

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: Shanthie De Mel (AUS) - 5 November 2024
音乐: Simply The Best - Tina Turner : (iTunes)



Intro -16 counts from start of track. Dance begins on vocals.

NOTE: One Restart on Wall 4 facing 6:00. Dance to count 16 = Hold. Restart.
The song ends when the last wall begins facing 12:00. Strike a pose to finish!

(1-8) WALK FORWARD WITH CLAPS. x4

1, 2 Step R forward. Clap.
3, 4 Step L forward. Clap.
5, 6 Step R forward. Clap.
7, 8 Step L forward. Clap. (12:00)

(9-16) STEP DIAGONALLY BACK WITH HIP BUMPS. x4

1&2 Step R back diagonally to right bumping right hip twice. (Right hand on right hip).
3&4 Step L back diagonally to left bumping left hip twice. (Left hand on left hip).
5&6 Step R back diagonally to right bumping right hip twice. (Right hand on right hip).
7&8 Step L back diagonally to left bumping left hip twice. (Left hand on left hip). (12:00)

RESTART here on 4TH Wall facing 6:00

(17-24) VINE RIGHT WITH KICK. SIDE. KICK. SIDE. KICK.

1, 2 Step R to right side. Step L behind.
3, 4 Step R to right side. Kick L across R.
5, 6 Step L to left side. Kick R across L.
7, 8 Step R to right side. Kick L across R. (12:00)

(25-32) VINE LEFT WITH SCUFF. TURNING ¼ LEFT SWAY RIGHT SIDE. SWAY LEFT SIDE.

1, 2 Step L to left side. Step R behind L.
3, 4 Step L to left side. Scuff R forward.
5, 6 Turning ¼ left sway R to right side for 2 counts. (9:00)
7, 8 Sway on L to left side for 2 counts. (9:00)

(33-40) FORWARD. TURN 1/2 LEFT. ROLLING SHUFFLE.

1, 2 Step R forward. Turn 1/2 left on L. (3:00)
3&4 Shuffle forward R-L-R. (3:00)
5&6 Turning 1/2 right shuffle back L-R-L. (9:00)
7&8 Turning 1/2 right shuffle forward R-L-R. (3:00)

NOTE: Easy option - Shuffle forward x3.

(41-48) SHIMMY LEFT. SHIMMY RIGHT. PADDLE RIGHT. STOMP. HOLD.

1, 2 Step L to left shimmying shoulders for 2 counts.
3, 4 Step R to right shimmying shoulders for 2 counts.
5, 6 Step L forward. Turn ¼ right on R. (6:00)
7, 8 Stomp L to left side pushing palms down on both sides. Hold. (6:00)

Begin next Wall. Smile! Dance with attitude!