

La Playa

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Advanced
编舞者: Derrick Goh (SG)
音乐: A la Playa - S.B.S.



This dance came in 1st place for choreography in the Non-Country Intermediate/Advanced category, at the UCWDC Asia Pacific Championship, Singapore 2003 held on 23 August

RIGHT STEP ACROSS HOLD, HEEL CLICK TWICE, SHUFFLE DIAGONAL RIGHT STEP OUT TO LEFT, STEP OUT TO RIGHT, LOOK LEFT THEN FORWARD

- & Raise right knee and lift right shoulder and drop left shoulder
1 Cross right over left, drop right shoulder and lift left shoulder
&2 Lift right shoulder and drop left shoulder, drop right shoulder and lift left shoulder
&3 Step left beside right and split heels apart, click heels together
&4 Split heels apart, click heels together
5&6 Step right diagonal right, step left beside right, step right diagonal right
&7-8 Step left to left, step right to right and look left, look forward
Hands action:
&3&4 Put both hands on belt buckle and move elbows out, in, out, in
5&6 Stretch both arms out, flex elbows and stretch out again diagonally-right, and snap fingers twice
&7-8 Place left hand at midriff with palm facing inward, stretch right arm out to right side with palm facing outward

PIVOT ½ TURN, TOUCH BESIDE, STEP FORWARD, TOUCH BESIDE, LUNGE RIGHT, TOUCH BESIDE, STEP OUT TO LEFT, STEP OUT TO RIGHT

- 1-2 Step right forward, pivot ½ turn left while sliding left beside right
3-4 Step forward on left, touch right beside left
5-6 Lunge step right to far right side, touch left beside right
&7 Step left toe to left, step right toe to right
8 Drop heels down, weight on right with knee bend and look left (body facing diagonally left)
Hands action:
5 Stretch left arm to left side parallel to floor, raise right arm 45-degrees up to the right side
6 Place both arms by the sides
&7 Stretch both arms high up, "v" position, palms facing outward
8 Drop both arms down by sides, arching shoulders backward

HIPS BUMPS, STEP LEFT TO LEFT, ½ TURN RIGHT AND STEP RIGHT TO RIGHT SIDE, LEFT STEP ACROSS LUNGE RIGHT, ¼ TURN RIGHT AND TOUCH LEFT

- 1&2&3& Weight remain on right, bump hips left, right, left, right, left, right
4 Step left to left side (6:00)
5-6 Turn ½ right and step right to right side (12:00), cross left over right
7-8 Lunge step right to far right side, turn ¼ right and touch left beside right (3:00)
Hands action:
7 Stretch left arm to left side parallel to floor, raise right arm 45-degrees up to the right side
8 Place left palm on side of left hip, hold hat with right hand at eye-level

KNEE-ROLL TO THE LEFT WITH ¼ TURN LEFT, KICK FORWARD, STEP OUT TO LEFT, STEP OUT TO RIGHT, LOOK LEFT, FULL-TURN RIGHT, HALF-SQUAT DOWN, LOOK RIGHT

- 1-2 Roll left knee to the left, follow by right knee into ¼ turn left (12:00)
3&4 Kick left forward, step left to left, step right to right and look left
5-6 Full-spin turn to right on right, step left to left (12:00), feet apart

7-8 Bend both knees outward (half-squat position), look right with both palms on thighs

Hands action:

1-2 Maintaining position with left palm on side of left hip, holding hat with right hand

3&4 Push right arm in front on count 3, slap both arms by side on counts &4

SHOULDER-PUSH SIDE-LUNGE LEFT, RIGHT, LEFT, RIGHT, ½ TURN LEFT CROSS BEHIND, UNWIND ½ TURN LEFT

1-2-3-4 Push shoulder with body lunge left, right, left, right (feet apart), end weight on right

5-6 Turn ¼ left step forward on left, turn ¼ left step right to right side (6:00)

7-8 Cross left behind right, unwind ½ turn left, weight on left (12:00)

Hands action:

1-3 Bend left elbow across chest, straighten right arm parallel to right leg, and pull left arm in to left side

2-4 Repeat with alternate hand

¼ TURN LEFT HITCH RIGHT, HOLD, ½ TURN RIGHT STEP DOWN HITCH LEFT, ¼ LEFT STEP TO LEFT SIDE, HANDS-PUSH WITH HIPS BUMP

1-2 Turn ¼ left hitch right knee and push left palm forward, right hand on right hip, hold (9:00)

3-4 Turn ½ right, step forward on right, hitch left knee and push right palm forward, left hand on left hip (3:00)

&5 Turn ¼ left and step left to left, push right palm to left diagonal with hip bump left

6 Push right palm to right diagonal with hip bump right

7&8 Push right palm twice to left diagonal with double hip bumps left

ROLLING TURN RIGHT WITH SIDE SHUFFLE, SYNCOPATED-CROSS ROCKS

1-2 Turn ¼ right and step forward on right, turn ½ right and step back on left

3&4 Turn ¼ right and step right to right, step left beside right, step right to right

5&6& Cross left over right, step right in place, rock left to left, step right in place

7&8 Cross left over right, step right in place, cross left over right

Hands action:

5& Look right, hold hat with right hand at eye-level

6& Drop right hand, look left

7&8 Look right, hold hat with right hand at eye-level

STEP BACK, ¼ TURN LEFT STEP FORWARD, ¼ TURN LEFT SIDE SHUFFLE, SYNCOPATED-CROSS ROCK, SIDE ROCK, BACK ROCK, ¼ TURN LEFT

1-2 Step back on right, turn ¼ left and step forward on left

3&4 Turn ¼ left and step right to right, step left beside right, step right to right (6:00)

5&6& Cross left over right, step right in place, rock left to left, step right in place

7&8 Rock back on left, step right in place, turn ¼ left and step forward left (9:00)

Hands action:

5& Look right, hold hat with right hand at eye-level

6& Drop right hand, look left

REPEAT

FINISHING POSE (2 OPTIONS):

With hat - lunge right diagonally on ball of foot (1:30), right hand holding hat at eye-level

Without hat - raise right arm up diagonally at 45-degrees (1:30)
