

The Ooga-Chaka Dance

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 0 级数:
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音乐: Dancing Baby - Baby Talk



HEEL SWIVELS (¼ TURN RIGHT)- WALK FORWARD RIGHT-LEFT-RIGHT-PIVOT ¼ TURN LEFT

- 1 Swivel both heels left (hold left hand down-right hand up)
2 Swivel both heels right (hold right hand down-left hand up)
3&4 Swivel both heels left-right-left and make ¼ turn to right on last swivel. Weight ends up on left foot (hands move up and down with each swivel)
5-8 Walk forward right-left-right and pivot ¼ turn to left. You should be back to facing forward with feet together, weight on both feet

HEEL SWIVELS (¼ TURN LEFT)- WALK FORWARD LEFT-RIGHT-LEFT-PIVOT ¼ TURN RIGHT

- 9 Swivel both heels right (hold right hand down - left hand up)
10 Swivel both heels left (hold left hand down - right hand up)
11&12 Swivel both heels right-left-right and make ¼ turn to left. Weight ends up on right foot (hands move up and down with each swivel)
13-16 Walk forward left-right-left and pivot ¼ turn to right keeping weight on left. You should be back to facing forward with feet together - weight on left foot

BOUNCY WALK BACK (BACKWARD RUNNING MAN) RIGHT-LEFT-RIGHT-LEFT

- & Slide/scooch left foot back.
17 Step onto right foot (punch right arm forward - palm open).
& Slide/scooch right foot back.
18 Step onto left foot (punch left arm forward-palm open).
& Slide/scooch left foot back.
19 Step onto right foot (punch right arm forward -palm open).
& Slide/scooch right foot back.
20 Step onto left foot (punch left arm forward-palm open).

SHAKE IT DOWN 2 BEATS AND UP 2 BEATS

- 21-22 Bend over forward and shake shoulders down for 2 beats (bring right arm up, bend elbow and hold right fist in front of face-bring left arm behind you, bend elbow and hold left fist behind back).
23-24 Stand up and shake hips for 2 beats (bring both arms forward - right fist over left).

JUMP APART TOES OUT, JUMP APART TOES IN, JUMP TOGETHER, HOLD

- 25 Jump both feet apart with toes angled out.
26 Jump again slightly further apart with toes angled in.
27 Jump both feet together.
28 Hold. (hold right arm out to right, bend elbow, right hand up and forward, hold left arm down with hand at belt buckle - hold arm position for next 4 steps).

Low impact option: if you can't jump then just do toes out(25), heels out(26), heels in(27), toes in(28).

PUSH OFF WITH LEFT FOOT, MAKE FOUR 1/8 TURNS TO RIGHT (TOTAL ½ TURN TO RIGHT)

- 29 Weight on right foot-push off with left foot and make 1/8 turn to right(chug step).
30-32 Repeat step 29 three more times.
33-36 Repeat steps 25-28

PUSH OFF WITH RIGHT FOOT, MAKE FOUR 1/8 TURNS TO LEFT (TOTAL ½ TURN TO LEFT)

- 37 Weight on left foot - push off with right foot and make 1/8 turn to left.(chug step)

38-40 Repeat step 37 three more times.

JUMP BOTH FEET LEFT, JUMP BOTH FEET RIGHT, MOVING LEFT, TOES OUT-IN-OUT

41 Small jump to left on both feet.

42 Small jump to right on both feet.

43&44 Move to left while spreading toes (43)out-(&)in-(44)out.

RIGHT GRAPEVINE, ¼ TURN TO RIGHT AS YOU STEP LEFT

45 Step to right on right.

46 Step left foot behind right.

47 Step to right on right.

48 Make ¼ turn to right as you step down on left.

REPEAT
