

Risen Christ Boogie

COPPER KNOB
STEPPERS

拍数: 0 墙数: 1 级数: Intermediate
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音乐: Un monde parfait - Ilona



Sequence: A1,A2,A1,B,C,A1,B,C,A1,A2,A1,C

PART A1

FINGER CLICKS, HOLD; CLAPS, HOLD

1-8 Finger clicks x 3; hold; claps x 3; hold
9-32 Three sets of 1-8

PART A2

SHOULDER SHRUGS; HIPS ROTATES

1-8 Shoulders shrug from right to left x 4
9-16 Hips rotate from right to left x 4

PART B

RIGHT, RAISE PUNCHES INTO THE AIR

1-8 Raise alternate hands punching upwards into the air starting with right, left

SIDE STEP AND TOUCH/CLAP TWICE

1-2 Step right to right, left touch right instep with a clap,
3-4 Step left to left, right touch left instep with a clap
5-6 Repeat 1-2
7-8 Repeat 3-4

SIDE EXTENDED VINE, CROSS, HOLD, BACK ROCK

1-8 Step right to right, left cross behind, step right to right, left cross in front of right, step right to right, hold, rock left back and replace right
9-16 Mirror to the left

ELECTRIC SLIDE STEPS

1-8 Vine to the right, clap, vine to the left, clap

NORTHERN KICKS- RIGHT WALK FORWARD, KICK/SHOUT; WALK BACKWARD; REPEAT THE ABOVE WITH LEFT WALK FORWARD

1-4 Walk northwards-right, left, right, left kick forward, throw hands into the air and shout!
5-8 Walk backwards-left, right, left, right
9-12 Repeat 1-4 starting with left,
13-16 Repeat 5-8 starting with right

RAISE PUNCHES INTO THE AIR

1-8 Raise alternate hands punching upwards into the air starting with right, left

PART C

CROSS, BLOCK, STRIKE, PUNCHES(ROUND THE WORLD)

1 Standing legs apart with a ¼ squat position, cross both hands downwards in front of you
2 Open both hands outwards, elbows inwards, with fist clenching-(v shape)
& Bring elbows up and fingers pointing at each other
3 Strike in a forward and outward position
4 Bring both hands back to the side of the body with fist clenching

5-6 Punch right fist to the left diagonal(temple), replace to the side

7-8 Punch left fist to the right diagonal(temple), replace to the side

To add in some fun: execute the 4x8 counts "round the world" ending with facing the front again-every 8 counts-change wall - $\frac{1}{4}$ turn right-after the last wall, make a $\frac{1}{4}$ turn right to face the front again
