

Surfing With The Dolphins

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Improver
编舞者: Violet Ray (USA)
音乐: Surfing With The Dolphins - Aukahi Pride



Sequence: A, B, A, B, A, A, B, B-ending, B-ending, B-ending

PART A (LINEDANCE PORTION)

¼ PIVOT TURN LEFT, SHUFFLE FORWARD, ½ PIVOT TURN RIGHT, SHUFFLE FORWARD

1-2 Step right forward, pivot turn ¼ left (ending with weight on left) (9:00)
3&4 Step right forward, step left next to right, step right forward
5-6 Step left forward, pivot turn ½ right (ending with weight on right) (3:00)
7&8 Step left forward, step right next to left, step left forward

ROCK FORWARD, RECOVER, TRIPLE STEP, ROCK BACK, RECOVER, TRIPLE STEP

1-2 Rock forward on right, recover weight on left
3&4 Step right next to left, step left next to right, step right next to left
5-6 Rock back on left, recover weight on right
7&8 Step left next to right, step right next to left, step left next to right

ANGLE STEPS FORWARD RIGHT & LEFT

1-2 Step right forward at right angle, step left next to right
3&4 Step right forward at right angle, step left next to right, step right forward at right angle
5-6 Step left forward at left angle, step right next to left
7&8 Step left forward at left angle, step right next to left, step left forward at right angle

ROCK FORWARD, RECOVER, ½ RIGHT TURNING TRIPLE, ROCKING CHAIR

1-2 Rock forward on right, recover weight on left
3&4 Turn ½ right as you triple (right, left, right) (9:00)
5-6 Rock forward on left, recover weight on right
7-8 Rock back on left, recover weight on right

SHUFFLE FORWARD LEFT & RIGHT, ROCK FORWARD, RECOVER, ¼ TURN LEFT CHASSE'

1&2 Step left forward, step right next to left, step left forward
3&4 Step right forward, step left next to right, step right forward
5-6 Rock forward on left, recover weight on right
7&8 Turn ¼ left step left to left side, step right next to left, step left to left side (6:00)

ANGLE STEPS FORWARD, ROCK FORWARD, RECOVER, ROCK FORWARD, RECOVER

1-2 Step right forward at left angle, step left next to right
3-4 Step right forward at left angle, step left next to right
5-6 Rock right forward at left angle, recover weight on left
7-8 Rock right forward at left angle, recover weight on left

SIDE ROCK, RECOVER, STEP, HOLD, SIDE ROCK, RECOVER, STEP, HOLD

1-2 Rock right out to right side, recover weight on left
3-4 Step right next to left, hold
5-6 Rock left out to left side, recover weight on right
7-8 Step left next to right, hold

STEP KICKS ½ TURN RIGHT (TO 12:00 WALL), TAP

1-2 Turn 1/8 right step on right, kick left forward (6:00)

- 3-4 Turn ¼ right step on left, kick right forward (9:00)
- 5-6 Turn ¼ right step on right, kick left forward (12:00)
- 7-8 Step left forward, tap right next to left

PART B (HULA PORTION)

Choreographed by Alberta Nicholas, Hilo, Hawaii. Revised by Violet Ray
Dance on the chorus (the Hawaiian lyrics)

KAHOLO RIGHT (ANGLE LEFT, MOVING FORWARD TO RIGHT ANGLE)

Kaholo (ca-ho-lo) is the basic hula step (also called a vamp). It is done in four counts.

- 1 Step right foot to right side
- 2 Step left foot next to right foot
- 3 Step right foot to right side
- 4 Tap left foot next to right foot (do not put weight on left foot)

Hula arms: right arm across right chest (palm up), left arm arched over head pushing to right 2x (do not wave fingers) this represents a big wave

KAHOLO LEFT (ANGLE RIGHT, MOVING FORWARD TO LEFT ANGLE)

- 1 Step left foot to left side
- 2 Step right foot next to left foot
- 3 Step left foot to left side
- 4 Tap right foot next to left foot (do not put weight on right foot)

Hula arms: left arm across left chest (palm up), right arm arched over head pushing to right 2x (do not wave fingers) this represents a big wave

KAHOLO RIGHT

- 1 Step right foot to right side
- 2 Step left foot next to right foot
- 3 Step right foot to right side
- 4 Tap left foot next to right foot (do not put weight on left foot)

Hula arms: right arm out to right side, left arm across left chest (palms down - waving fingers 2x)

¼ TURN, KAHOLO LEFT

- 1 Turn ¼ left stepping left foot to left side (9:00)
- 2 Step right foot next to left foot
- 3 Step left foot to left side
- 4 Tap right foot next to left foot (do not put weight on right foot)

Hula arms: left arm out to left side, right arm across right chest (palms down - waving fingers 2x)

KAHOLO RIGHT (ANGLE LEFT, MOVING FORWARD TO RIGHT ANGLE - 9:00 WALL)

- 1 Step right foot to right side
- 2 Step left foot next to right foot
- 3 Step right foot to right side
- 4 Tap left foot next to right foot (do not put weight on left foot)

Hula arms: right arm across right chest (palm up), left arm arched over head pushing to right 2x (do not wave fingers) this represents a big wave

KAHOLO LEFT (ANGLE RIGHT, MOVING FORWARD TO LEFT ANGLE - 9:00 WALL)

- 1 Step left foot to left side
- 2 Step right foot next to left foot
- 3 Step left foot to left side
- 4 Tap right foot next to left foot (do not put weight on right foot)

Hula arms: left arm across left chest (palm up), right arm arched over head pushing to right 2x (do not wave fingers) this represents a big wave

RIGHT KALAKAUA (CA-LA-CA-WA) (9:00 TO 12:00)

- 1 Rock forward on right foot
- 2 Recover weight on left foot
- 3 Turn ¼ right stepping on right foot (12:00)
- 4 Hold

Hula arms: paddle hands out front 3x (palm down) (right down - left up, then left down - right up, then right down - left up). This movement represents waves in the ocean

LEFT KALAKAUA

- 1 Turn ¼ right stepping forward on left foot (3:00)
- 2 Recover weight on right foot
- 3 Step left foot back
- 4 Hold

Hula arms: paddle hands out front 3x (palm down) (left down - right up, then right down - left up, then left down - right up). This movement represents waves in the ocean

KAHOLO RIGHT (ANGLE LEFT, MOVING FORWARD TO RIGHT ANGLE - 3:00 WALL)

- 1 Step right foot to right side
- 2 Step left foot next to right foot
- 3 Step right foot to right side
- 4 Tap left foot next to right foot (do not put weight on left foot)

Hula arms: right arm across right chest (palm up), left arm arched over head pushing to right 2x (do not wave fingers) this movement represents a big wave

KAHOLO LEFT (ANGLE RIGHT, MOVING FORWARD TO LEFT ANGLE - 3:00 WALL)

- 1 Step left foot to left side
- 2 Step right foot next to left foot
- 3 Step left foot to left side
- 4 Tap right foot next to left foot (do not put weight on right foot)

Hula arms: left arm across left chest (palm up), right arm arched over head pushing to right 2x (do not wave fingers) this movement represents a big wave

KAHOLO RIGHT

- 1 Step right foot to right side
- 2 Step left foot next to right foot
- 3 Step right foot to right side
- 4 Tap left foot next to right foot (do not put weight on left foot)

Hula arms: right arm out to right side, left arm across left chest (palms down - waving fingers 2x)

¼ TURN, KAHOLO LEFT

- 1 Turn ¼ left stepping left foot to left side (12:00)
- 2 Step right foot next to left foot
- 3 Step left foot to left side
- 4 Tap right foot next to left foot (do not put weight on right foot)

Hula arms: left arm out to left side, right arm across right chest (palms down - waving fingers 2x)

KAHOLO RIGHT (ANGLE LEFT, MOVING FORWARD TO RIGHT ANGLE)

- 1 Step right foot to right side
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- 4 Tap left foot next to right foot (do not put weight on left foot)

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KAHOLO LEFT (ANGLE RIGHT, MOVING FORWARD TO LEFT ANGLE)

- 1 Step left foot to left side
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- 4 Tap right foot next to left foot (do not put weight on right foot)

Hula arms: left arm across left chest (palm up), right arm arched over head pushing to right 2x (do not wave fingers) this movement represents a big wave

KAHOLO RIGHT

- 1 Step right foot to right side
- 2 Step left foot next to right foot
- 3 Step right foot to right side
- 4 Tap left foot next to right foot (do not put weight on left foot)

Hula arms: extend right arm and point right index finger to right angle then bring back to the center of your chest (palm in), left arm across left chest (palm down) then bring left into center of your chest at the same time as the right. This movement represents "you and me."

KAHOLO LEFT

- 1 Step left foot to left side
- 2 Step right foot next to left foot
- 3 Step left foot to left side
- 4 Tap right foot next to left foot (do not put weight on right foot)

Hula arms: extend left arm and point left index finger to left angle then bring back to the center of your chest (palm in), right arm across left chest (palm down) then bring right into center of your chest at the same time as the right. This movement represents "you and me."

PART B - ENDING

KAHOLO RIGHT (ANGLE LEFT, MOVING FORWARD TO RIGHT ANGLE)

- 1 Step right foot to right side
- 2 Step left foot next to right foot
- 3 Step right foot to right side
- 4 Tap left foot next to right foot (do not put weight on left foot)

Hula arms: right arm across right chest (palm up), left arm arched over head pushing to right 2x (do not wave fingers) this movement represents a big wave

KAHOLO LEFT (ANGLE RIGHT, MOVING FORWARD TO LEFT ANGLE)

- 1 Step left foot to left side
- 2 Step right foot next to left foot
- 3 Step left foot to left side
- 4 Tap right foot next to left foot (do not put weight on right foot)

Hula arms: left arm across left chest (palm up), right arm arched over head pushing to right 2x (do not wave fingers) this movement represents a big wave

KAHOLO RIGHT

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KAHOLO LEFT

- 1 Step left foot to left side
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- 4 Tap right foot next to left foot (do not put weight on right foot)

Hula arms: extend left arm and point left index finger to left angle then bring back to the center of your chest (palm in), right arm across left chest (palm down) then bring right into center of your chest at the same time as the right. This movement represents "you and me."
