

# Hyndy Lyndy

COPPER KNOB  
STEPSHEETS

拍数: 0                      墙数: 1                      级数: Intermediate  
编舞者: Renate Gazzola (USA)  
音乐: Buttons - The Pussycat Dolls



Sequence: AB, AB, AB, AA

## PART A

### ROCKING CHAIR WITH MACHETE ARMS

1-2                      Rock forward on right foot, recover on left  
3-4                      Rock back on right foot, recover on left  
5-8                      Repeat

When rocking forward, your right arm swings in front of your body as if cutting cane with a machete. When rocking back, your right arm is over head. Try to circle the wrist in the middle to make it look graceful

### NAMASTE STEP (THE BLESSING)

1-3                      Walk forward right, left, right  
4                          Step left foot to left in 2nd position with knees bent  
5-8                      Hold

While walking forward, hold hands in front of chest with fingers pinched and elbows bent to side (Hindy hands). Pulse hands forward 1,2&3. As you step side circle arms up and around 4,5. Touch knees for 6. Cover eyes for 7 palms facing face and hold for 8

17-32                      Repeat 1-16

## PART B

### & BACK X 4, HEEL ROCK FORWARD ½ TURN RIGHT

&1                          Ball of right foot slightly back, step back on left  
&2&3&4                      Repeat &1 three more times  
5-6                          Rock forward on right heel, recover left, right arm follows right foot  
7-8                          Step right ½ turn right, hold

For the first 4 counts, hands are over head palms together creating a diamond shape. Head moves slightly side to side &1 etc

### HEEL ROCK FORWARD ¼ TURN LEFT, VINE RIGHT WITH HOOK

1-2                          Rock forward on left heel, recover right, left arm follows foot  
3-4                          Step left ¼ turn left, hold  
5-6                          Step right foot right, cross left over right  
7-8                          Step right foot right, hook left foot over right knee with left knee bent out making a p shape, foot flexed

For 5 as you step right, your left arm is out to left side fingers facing up, right hand is at chest with fingers pinched and facing down (Hindy hand), 6 reverse arms (right arm out to side, left Hindy hand). On 7, arms go down to your side palms forward.. On 8, right arm up, elbow bent and facing forward, palm facing left. Left arm up, elbow bent and facing forward, fingers touching right elbow, palm down. This creates a reversed left shape. Cock head right a little for more style.

### VINE LEFT, HOOK, PADDLE LEFT

1-2                          Step left foot left, cross right foot over  
3-4                          Step left foot left, hook right foot over left knee with foot flexed

Same arm movements as last 5-8 reversed. 1 right arm out to right side fingers up, left Hindy hand, 2, reverse arms, 3 hands down 4, elbows up, left shape hands, cock head left

5-6                          Touch right toe forward and pivot 1/8 turn left  
7-8                          Repeat 5-6

**Right arm is over head, left arm is extended out. Circle wrists for a graceful effect**

**PADDLE LEFT, HEEL ROCK, STEP, STEP**

1-4 Continue left paddle for 4 counts to complete a  $\frac{3}{4}$  turn left. You will be facing the back wall

5-6 Rock right heel forward, arm follows foot, recover left

7-8 Step right, left

33-65 Repeat Part B counts 1-32

**ENDING**

**To end the dance, when cymbal sounds, arms over head palms together, right foot hooked over left and slowly lower hands in prayer position to chest**

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