

# La Copa

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Phrased Beginner  
编舞者: Ingrid Kan (TW) - November 2010  
音乐: Wavin' Flag - K'naan : (Copa Mundial de Sudáfrica 2010)



Alt. music: Waving Flag by David Bisbal & K Naan

Start with Vocal. - A:32count B:32count

Sequence: A, BX5, B(16 count), A, Bx5, B(16count), A, B, B, A

## PART A -32ct

### (1-8) Step, Flick, R-L-R-L

1-2            Step R foot to right side, L foot Flick  
3-4            Step L foot, R foot Flick  
5-8            (Repeat steps 1-4)

### (9-16) Step Together Step Flick (R-L)

9-12           Step R foot ,Step L foot next to right, Step R foot, L foot Flick  
13-16          Step L foot ,Step R foot next to left, Step L foot, R foot Flick

Repeat 1-16

## PART B - 32ct

### (1-8) Step R, Hold, Step L Together, Hold, Step R, Hold, Step L Together, Hold

1-2            Look L, upper body slightly turning L, as R hand goes to R side and bent as L hand  
                 straightens out to L side, Step foot to right side, R knee slightly bent inwards(1.), Hold(2)  
3-4            Look forward, Step L foot next to right(3) , Hold(4),  
5-8            Repeat steps 1-4.

### (9-16) Step L, Hold, Step R Together, Hold, Step L, Hold, Step R Together, Hold

9-10           Look R, upper body slightly turning R, as L hand goes to L side and bent , as R hand  
                 straightens out to R side, Step L foot to left side, L knee slightly bent inwards(1.), Hold(2),  
11-12          Look forward, Step R foot next to left(3) , Hold(4)  
13-16          Repeat steps 9-12

### (17-24) Out, Out, In, In, Out, Out, In, In

17-18          Step R foot diagonally forward(1), Step L foot to left side(2),.  
19-20          Step R foot back(3), Step L foot next to R foot(4),  
21-24          Repeat steps 17-20.

### (25-32) Jazz Turn to R1/4, Shimmy Clap

25-28          Cross R over L, Recover on L, Step R to side, Step L next to R Turn to R 1/4  
29-31          Stepping R, Shimmy shoulders, With feet slightly apart, Together  
32              Clap

On wall 5 end (face 3:00), wall 10 end (face 6:00), add part B(16 count), Restart part A

To FINISH: The music fades off, as you face the 12:00, as you finish the Step together Step(5-7), no flick and hold that pose(8).

It's so easy, fun, you might dance as warm up before your dancing class, enjoy it!  
Ingrid Kan in Taipei

