La Copa

拍数: 64 墙数: 4 级数: Phrased Beginner
编舞者: Ingrind 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 keft(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!
Ingrind Kan in Taipei