

Bumba!!!!

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 1 级数: Absolute Beginner
编舞者: Julie Davies (UK) - July 2011
音乐: Uncle John from Jamaica - Vengaboys



An Absolute Beginners 'latin inspired' one wall line dance.....(also good in contra!) suitable for a 'warm up routine'

Start after the bell rings – on the Na na na na hey hey hey!
(you will be grapevining on the main lyrics)

[1-16] PART ONE: (squares)...FORWARD, FORWARD, BACK, BACK -
do four times (16 COUNTS) (With hand pushes, up, up, down, down)

1 - 4 step forward right left, step back right left (making a square) (repeat three more times)

[17-32] PART TWO: GRAPEVINES RIGHT AND LEFT WITH TOUCHES AND OVER HEAD CLAPS –
do 2 times (16 COUNTS) (to progress – use rolling vines instead)

1 - 4 Step right to right side, cross left behind right, step right to right side, and touch left next to right.

5 - 8 Step left to left side, cross right behind left, step left to left side, and touch right next to left
(repeat once more with a right and left grapevine)

[33-48] PART THREE: STEP KICK, BACK POINT, -

do four times (FOUR CHARLESTONS STARTING WITH STEPPING FORWARD ON THE RIGHT)
(16 COUNTS) (swinging arms)

1 - 4 Step forward on right foot, kick left foot forward, step back on right foot, point left toe back
(repeat three more times)

Then repeat from part one...

Enjoy!!!