

# Zumba!

**COPPER** **KNOB**  
BYEPOSTHEATS

拍数: 32      墙数: 4      级数: Improver - zumba line  
编舞者: Mathias Pflug (DE) - February 2012  
音乐: Zumba He Zumba Ha (feat. Soldat Jahman & Luis Guisao) - DJ Mam's



**Intro: Start on main vocals!**

## **Rock Forward, Recover, Side Rock, Recover, 1/2 Turn Sailor Shuffle, Shuffle Forward**

1-2-3-4      Step R forward, Recover on L, Step R to R, Recover on L  
5&6      1/4 turn right & cross R behind L, Step L beside R, 1/4 turn right & step R to R  
7&8      Step L forward, Step R beside L, Step L forward (6.00)

### **Optional arm movements for count:**

1      Push both arms/palms forward  
3      Push R arm/palm to right & Push L arm/palms to left  
7&8      Push both arms/palms forward, Take both arms/palms a litte back, Push both arms/palms forward

**Restart the dance here on wall 4, 8 and 12!**

## **Diagonal Rocking Chair, Chassé, Back Rock, Recover**

1-2-3-4      Step R diagonally right forward, Recover on L, Step R diagonally left back, Recover on L  
5&6      Step R to R, Step L beside R, Step R to R  
7-8      Step L back, Recover on R (6.00)

## **Chassé, 1/4 Turn Back Rock, Recover, (Shuffle Forward) R+L**

1&2      Step L to L, Step R beside L, Step L to L  
3-4      1/4 turn right & step R back, Recover on L  
5&6      Step R forward, Step L beside R, Step R forward  
7&8      Step L forward, Step R beside L, Step L forward (9.00)

### **Optional arm movements for count:**

5      Push both arms up  
7      Push both arms up

## **(Rolling Vine + Touch/Clap) R+L**

1-2      1/4 turn right & step R to R, 1/4 turn right & step L forward  
3-4      1/2 turn right & step R back, Touch L beside R & Clap  
5-6      1/4 turn left & step L to L, 1/4 turn left & step R forward  
7-8      1/2 turn left & step L back, Touch R beside L & Clap

**Repeat & Enjoy!**

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