

Socca Dance (Kimbo's Party Dance)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Kim Nolan (UK) - July 2012
音乐: Socca Dance - Chayanne : (CD: Provocame - iTunes)



Shimmy, bounce & clap during instrumental before starting to dance & shake off any shyness to get you into a carefree tropical summery mood to dance incl.

Zumba Start on lyrics unless you are really eager & want to start from count 32 of instrumental section

S1: Walk forward, Kick & clap, Walk back, Touch & clap

1-4 Walk fwd Right, Left, Right, Kick Left fwd & clap (12:00)
5-8 Walk back Left, Right, Left, Touch Right next to L & clap

S2: Right Back shuffle, Left Back shuffle, Back Rock, Shimmy/or bump hips

1&2 Step back on R, step L back to instep of R, step back on R
3&4 Step back on L, step R back to instep of L, step back on L
5-6 Rock back on Right, recover weight to Left
7-8 Shake shoulders leaning fwd (alt option: Bump hips if you want to make new friends)

S3: Side, Together, Side, Touch & clap (option: Turning Grapevine, Touch & clap) (Repeat to Left)

1-4 Step Right to R side, step Left tog, step R to side, Touch L next to R & clap
5-8 Step Left to L side, step Right tog, step Left to side, Touch R next to L & clap

S4: Point, Together, Point Together, Pivot & Shimmy x 2

1-2 Point Right foot to right, step R back in place
3-4 Turn upper body right and Point L foot fwd, face front and step L back in place
5-6 Step Right forward, turn ¼ left (weight to L) as you shimmy (9:00)
7-8 Repeat 5-6 (6:00)

(*simple short shimmy tag after 1st & 2nd verse only) *VERY SIMPLE short shimmy step Tag honest! only at end of verses 1 & 2 (after ct 32) still facing front of new wall (12:00)

Shimmy shoulders as you...

Side, Hold, Tog, Hold, Side, Hold, Tog, Hold x 2

1-4 Large step R, Hold, step L Together, Hold
5-8 Repeat 1-4

1-4 Large step L, Hold, step R Together, Hold
5-8 Repeat 1-4

Start routine again until the BEST BIT!...as music builds to its crescendo at 3m 27secs near the end of song after ct 24 (the touch) after L side, tog, side, (or L turning vine, (ct24 touch)

EVERYONE jump as high as you safely & comfortably can on the spot 4 times doing a full turn left (one bounce per beat = ¼ turn, to stop you getting too excited ;) wave arms in the air.

Alternative option to jump: walk around on the spot to the left walking R,L,R,L wave arms in the air, add lots of cheers/whoops as you bounce/walk then: Repeat from start until music fades.

There! Doesnt it feel great to shimmy, all we need now is a sunny beach, if not, let us dance it again anyway, who needs a beach to do the Socca Dance?

Thanks again to Chayanne for an uplifting summery song. Have fun!

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