

Zumba

COPPER **NOB**
BY STEPHENETS

拍数: 64 墙数: 2 级数: Improver / Intermediate
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音乐: Zumba (Danza Kuduro Remix) - Este Habana



Intro: 32 counts.

Heel grind R, coaster R, heel grind L, coaster L

1-2 Rf dig heel in floor toes pointing left, swivel toes to right
3&4 Rf step back, Lf step together, Rf step forward
5-6 Lf dig heel in floor toes pointing right, swivel toes to left
7&8 Lf step back, Rf step together, Lf step forward

Step 1/2 turn left (2X), walk forward (4X) with shoulder shimmies

1-2 Rf step forward, make 1/2 turn left stepping Lf forward
3-4 Rf step forward, make 1/2 turn left stepping Lf forward
5-6-7-8 walk forward R, L, R, L

(Optional : on counts 5-6-7-8 shimmy shoulders)

Mambo R, mambo L, side R, together, chasse R

1&2 Rf rock to right, recover onto Lf, Rf step together
3&4 Lf rock to left, recover onto Rf, Lf step together
5-6 Rf step to right, Lf step together
7&8 Rf step to right, Lf step together, Rf step to right

Mambo L, mambo R, side L, together, chasse L with 1/4 turn left

1&2 Lf rock to left, recover onto Rf, Lf step together
3&4 Rf rock to right, recover onto Lf, Rf step together
5-6 Lf step to left, Rf step together
7&8 Lf step to left, Rf step together, make 1/4 turn left stepping Lf forward. (9 o'clock)

Cross heel R, side L, cross R, touch L side

1-2 Rf cross heel in front of Lf, Lf step to left
3-4 Rf cross in front of Lf, Lf touch toes to left
5-6 Lf cross heel in front of Rf, Rf step to right
7-8 Lf cross in front of Rf, Rf touch toes to right

Sailor R, sailor L, lock behind, unwind 1/2 turn right, lean back, recover with flick

1&2 Rf cross behind Lf, Lf step to left, Rf step to right
3&4 Lf cross behind Rf, Rf step to right, Lf step to left
5-6 Rf lock behind Lf, unwind 1/2 turn right. (3 o'clock)
7-8 lean upper body back, recover and flick Rf back

Shuffle forward R, 1/2 turn right, shuffle forward L, 1/2 turn left

1&2 Rf step forward, Lf step together, Rf step forward
3-4 Lf step forward, make 1/2 turn right stepping Rf forward
5&6 Lf step forward, Rf step together, Lf step forward
7-8 Rf step forward, make 1/2 turn left stepping Lf forward. (3 o'clock)

Jazz box cross with 1/4 turn right, side step with touch (2X)

1-2 Rf cross in front of Lf, Lf step back,
3-4 make 1/4 turn right stepping Rf right, Lf cross in front of Rf. (6 o'clock)
5-6 Rf step to right, Lf touch to left

7-8 Lf step to left, Rf touch to right

Start again and have fun!!!!!!!!!!!!!!!!!!!!!!
