

# Zumba

COPPER KNOB  
BY STEPHEN

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!!!!!!!!!!!!!!!!!!!!!!**

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