

Pause.... Zumba

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 4 级数: Improver
编舞者: Swee Tuan (SG) - October 2012
音乐: Pause (Zumba Mix) - Pitbull : (CD: Pause - Zumba Mix - Single)



Start after 32 counts - Dance rotates counter-clockwise

SECTION 1: Shoulder Moves, Pause (Pose) (12 o'clock)

- 1 – 4 Push both shoulders forward (2X)
5 – 8 Push both shoulders backward (2X)
- 9 – 12 Drop R shoulder down, bring it up, drop L shoulder down, bring it up
13-16 PAUSE (Pose and hold for 4 counts)
- 17-32 Repeat 1 to 16

SECTION 2: Side Step Side Touch with Arm Movements

- 33-36 Step R to right (raise both arms above head), step L next to R (lower both arms), step R to right (raise both arms above head), touch L next to R (lower both arms)
- 37-40 Repeat 33 to 36 starting with L and moving to left
- 41-44 Step R to right (punch both arms outward at waist level, fists closed), step L next to R (pull in both arms towards waist, fists closed), Step R to right (punch both arms outward at waist level, fists closed), touch L next to R (pull in both arms towards waist, fists closed)
- 45-48 Repeat 41 to 44 starting with L and moving left

Right Botafogo, Left Botafogo, ½ turn right, Forward Shuffle

- 49&50 Cross R over L, step ball of L to left, recover on R
51&52 Cross L over R, step ball of R to right, recover on L
53-54 Step forward on R, recover on L and ½ turning right
55&56 Shuffle forward R, L, R (6 o'clock)

Left Botafogo, Right Botafogo, ¾ turn left, Forward Shuffle

- 57&58 Cross L over R, step ball of R to right, recover on L
59&60 Cross R over L, step ball of L to left, recover on R
61-62 Step forward on L, recover on R and ¾ turning left
63&64 Shuffle forward L, R, L (9 o'clock)

SECTION 3 Cross, Side, Cross, Touch

- 65-68 Cross R over L, step L to left, cross R over L, touch L to left
69-72 Repeat 65 to 68 starting with L and moving to the right

Walk Back (4X) with Shoulder Shimmies, Pause (Pose)

- 73-76 Walk backward R, L, R, L (shimmy shoulders)
77-80 Pause (Pose and hold for 4 counts)

START THE DANCE AGAIN

**TAG : At the end of Wall 2, you will be facing 6 o'clock.
Dance Section I and then ADD the 16-count TAG as follows:**

- 1&2 R side Mambo

3&4 L side Mambo
5 -6 Step R to right, step L next to R
7&8 Cha cha to the right stepping R, L, R
9-16 Repeat 1 to 8 starting with L side Mambo

Then continue to dance Sections 2 & 3

**ENDING : At the end of Wall 4 , you will be facing 12 O'clock.
Dance Section 3 twice**
