

# Pause.... Zumba

**COPPER KNOB**  
STEPPERS

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**

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