

Va Va Voom

COPPER KNOB
STEPSHEETS

拍数: 112 墙数: 2 级数: Phrased Intermediate
编舞者: Nicky Tan (MY) - June 2013
音乐: Va Va Voom - Nicki Minaj



Intro : 16 counts

Sequence : ABB, ABB Tag A(5x8) BB

PART A (6x8)

Section A1 : Right Vine, Heel Switches, Turn 1/4 L & Flick

1,2,3,4 Step RF to R, Step LF behind, Step RF to side, Step, Cross LF over RF
5& Touch R heel forward, Step RF together,
6& Touch L heel forward, Step LF together (12:00)
7,8 Touch R heel forward, Turn 1/4 L & Flick RF back (9:00)

Section A2 : Walk forward, Kick Ball Change, Right Knee In, Left Knee In

1,2 Step RF forward, Step LF forward,
3&4 Kick RF forward, Step on ball of RF, Step LF to L side
5,6 Bend knees & move Right Knee In, Straighten up
7,8 Bend knees & move Left Knee In, Straighten up (9:00)

Section A3 : Ball Step, 1/4 R Turn, Shoulder Pop, Step Touch x2

&1,2 Step back on ball of RF, Step LF forward, Turn 1/4 R with weight on both feet (12:00)
3,4 Push R shoulder to R, Push L shoulder to L with weight on LF
5,6 Step RF to R, Touch LF to side doing a body roll to R side
7,8 Step LF in place, Touch RF to side doing a body roll to L side (12:00)

Section A4 : Right Hip Bump, Left Hip Bump, Jazz Box

1,2 Step RF forward & push R hip out twice
3,4 Step LF forward & push L hip out twice
5,6,7,8 Cross RF over LF, Step LF back, Step RF to side, Step LF forward (12:00)

Section A5 : Paddle with a Full Turn

1,2 Step RF forward, Turn 1/4 L with weight on LF (9:00)
3,4 Repeat Steps 1,2 (6:00)
5,6 Repeat Steps 1,2 (3:00)
7,8 Repeat Steps 1,2 (12:00)

Section A6 : V-Step, Right Forward Mambo, ,Left Forward Mambo

1,2, Step RF diagonally forward, Step LF to side
3,4 Step RF back, Step LF together
5&6 Rock RF forward, Recover on LF, Step RF together
7&8 Rock LF forward, Recover on RF, Step LF together (12:00)

PART B (4x8)

Section B1 : Right Samba, Left Samba

1&2 Cross RF over LF, Rock LF to L, Recover on RF (12:00)
3&4 Cross LF over RF, Turn 1/4 L & Rock RF to R, Recover on LF (9:00)
5&6 Repeat Steps 1&2
7&8 Repeat Steps 3&4 (6:00)

Section B2 : Right Mambo, Hold, Left Mambo, Hold

1,2 Rock RF to R, Recover on LF
3,4 Step RF together, Hold
5,6 Rock LF to L, Recover on RF
7,8 Step LF together, Hold (6:00)

Section B3 : Walk Diagonally Forward with a Scuff, Hip Lift & Drop

1,2,3,4 Walk 3 steps RF, LF RF diagonally forward to R, Scuff LF (7:30)
5,6,7,8 Touch LF forward & Drop L hip (5), Lift hip (6), Drop & Lift Hip (7,8)

Section B4 : Rolling Vine to Left, Hip Roll, Sexy Pose

1,2,3,4 Turn 1/4 L & Step LF forward, Turn 1/2 L & Step RF back, Turn 1/4 L & Step LF to side, Step RF to side (6:00)
5,6 Do a hip circle from L to R
7,8 Bend knees, push hip back & slowly straighten up (Hands styling : hands touching knees and slowly move up to waist) (6:00)

TAG (4x8) (12:00)

Section T1 : Weave to Left

1,2,3,4 Cross RF over LF, Step LF to side, Cross RF behind LF, Step LF to side
5,6,7,8 Repeat Steps 1-4

Section T2 : Sway Body R, L, R, L

1,2 Sway body to R
3,4 Sway body to L
5,6 Repeat Steps 1,2
7,8 Repeat Steps 3,4

Section T3 : Vine to Right

1,2,3,4 Step RF to side, Cross LF behind RF, Step RF to side, Cross LF over RF
5,6,7,8 Repeat Steps 1-4

Section T4 : Step side & Sway Body R, L, R, L

1,2 Step RF to side & Sway Body to R
3,4 Sway body to L
5,6 Sway body to R
7,8 Sway body to L

Contact: nickyty@gmail.com
