

# Zumba

**COPPER** **KNOB**  
STEPSHEETS

拍数: 128      墙数: 0      级数: Phrased Improver  
编舞者: Wendy Loh (MY) - July 2014  
音乐: Zumba CAIPIRINHA



Dance (Intro) starts immediately after 16 counts from beginning of music

**SEQUENCE : ABC TAG ABC A TAG ABC**

## **INTRO (2x8)**

12            Step RF to side, Jump with both feet close together  
34            Step LF to side, Jump with both feet close together  
56            Repeat Steps 12  
78            Repeat Steps 34

**Do this section twice**

## **PART A (4x8)**

### **Section A1: R Hip Drop 4x, Touch R Forward, Back, Forward, Step Together**

&1            Face body diagonally left (10:30) & Touch RF slightly forward & Lift R hip (&), Drop R hip & Clap hands (1)  
&2&3&4        Repeat &1 three times  
56            Touch RF in place, Touch RF back  
78            Touch RF forward, Turn body facing front (12:00) & Step RF beside LF

### **Section A2: L Hip Drop 4x, Touch R Forward, Back, Forward, Step Together**

&1            Face body diagonally right (1:30) & Touch LF slightly forward & Lift L hip (&), Drop L hip & Clap hands (1)  
&2&3&4        Repeat &1 three times  
56            Touch LF in place, Touch LF back  
78            Touch LF forward, Turn body facing front (12:00) & Step LF beside RF

### **Section A3: Out Out In In, R Mambo, L Mambo**

12            Step RF diagonally forward to R, Step LF to side  
34            Step RF back, Close LF together  
5&6          Rock RF to side, Recover on LF, Step RF beside LF  
7&8          Rock LF to side, Recover on RF, Step LF beside RF

### **Section A4: Out Out In In, Toe Switches, Chest Pop**

12            Step RF diagonally forward to R, Step LF to side  
34            Step RF back, Close LF together  
5&            Touch R toe to side, Step RF beside LF,  
6&            Touch L toe to side, Step LF beside RF  
7&8          Touch R toe to side, Push Chest out, Drop chest to neutral

## **PART B (4x8)**

### **Section B1: Skate RLR, Jump, Skate LRL, Jump**

12            Skate RF diagonally forward to R, Skate LF diagonally forward to L  
34            Skate RF diagonally forward to R, Jump with both feet close together  
56            Skate LF diagonally forward to L, Skate RF diagonally forward to R  
78            Skate LF diagonally forward to L, Jump with both feet close together

### **Section B2: Skate RLR, Turn 1/4R &, Chest Pop 4x**

12            Skate RF diagonally forward to R, Skate LF diagonally forward to L

34 Skate RF diagonally forward to R, Turn 1/4R & Step LF to side (3:00)  
5678 Slightly bend knees and do chest pop four times

**Section B3: Turn 1/4L Step Together Step Jump, Step Together Step Jump**

12 Turn 1/4L & Step RF to side, Step LF together (12:00)  
34 Step RF to side, Jump with both feet close together  
56 Step LF to side, Close RF together  
78 Step LF to side, Jump with both feet close together

**Section B4: Step, Hold, Forward Body Roll, Chest & Hip Movement**

12 Step RF diagonally forward to R (1:30), Hold  
34 Forward Body Roll over 2 beat  
5& Push Chest out, Drop Chest to normal,  
6& Slightly bend knees & Push hip back, Push hip forward  
7&8& Repeat 5&6&

**PART C (4x8)**

**Section C1: Step, Cross Touch, Step, Cross Touch - 2X**

12 Step RF to side, Touch LF over RF (12:00)  
34 Step LF to side, Touch RF over LF  
56 Repeat Steps 12  
78 Repeat Steps 34

**Section C2: Hip Bump RLRR, LLLL**

12 Step RF to side & Hip bump to R then L (may do a figure-8 hip circle)  
34 Hip bump to right side twice  
56 Hip bump to L then R  
78 Hip bump to left side twice

**Section C3: Forward Toe Struts, Jazz Box**

12 Touch R toe forward, Step RF in place  
34 Touch L toe forward, Step LF in place  
5678 Cross RF over LF, Step LF back, Step RF to side, Step LF together

**Section C4: Star Steps, Hold & Body Roll, Touch & Touch**

1& Turn 1/4L with weight on LF & Touch RF to side, Hitch RF  
2&3&4& Repeat Steps 1& three times till you return to front wall  
56 Step RF to side, Hold step & Roll body to right  
7 Turn 1/4R & Touch LF beside RF (3:00)  
&8 Turn 1/4L & Step RF to side, Turn 1/4L & Touch RF beside LF (9:00)

**(Styling : Face looking towards 12:00)**

**TAG (2x8) : Facing 9:00**

1234 Push hip to R, Hold for 3 beats (Styling: Straighten both hands out to R side of hip)  
5678 Turn 1/4R & Step LF to side & Push L hip to L, Hold for 3 beats

**(Styling: Raise both hands making a V-shape)**

1234 Push hip to R, Hold for 3 beats (Styling: Hug your body)  
5 Push hip to L, Hold (Styling: Push Extend both hands out to side)  
6 Push Hip to R, Hold (Styling: RH at R hip, LH at L ear)  
7 Push Hip to L (Styling: Raise both hands making a V-shape)  
8 Balance weight on both feet, (Styling: Both hands on waist)

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