

Zumba

COPPER KNOB
STEP SHEETS

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, LRLL

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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