

Snake Dance

COPPERKNOB
BY STEPHEN HETS

拍數: 144 牆數: 1 級數: Phrased High Beginner
編舞者: Bernice (MY) - October 2016
音樂: She Wu (蛇舞) - Jay Chou (周杰倫)



Intro□: Start after 48 counts - Sequence of dance: A80 B32 Tag A80 C32 A49-72 Ending

Part A (80 counts)

Sec A1

1 – 4 Step R to R(1), hold(2), body roll from hip to top(3-4)
5 – 8 Touch L forward & bump L hip 4 times(5-8)

Sec A2

1 – 4 Cross L over R(1), touch L to L(2), cross R over L(3), recover on L(4)
5 – 8 Sit on L twist R heel in & out(5-6), cross R over L(7), unwind full turn L(weight on L)(8)

Sec A3

1 – 8 Marching on spot RLRL(1-4), step R to R(5), touch L to L(6), step L to L(7), touch R to R(8)

Sec A4

1 – 4 Touch R forward & bump R hip(1), step R down(2), touch L forward & bump L hip(3), step L down(4)
5 – 8 Walk forward R L(5-6), cross R over L(7), unwind ½ Turn L(8)(6.00)

Sec A5

1 – 4 Body ¼ turn L facing 3.00(1-2), body 1/2 turn R facing 9.00(3-4)
5 – 8 Do body roll from hip to top(5-8)

Sec A6

1 – 4 ¼ turn R(12.00) step R beside L & bump hip twice to L(1-2), bump hip twice to R(3-4)
5 – 8 Hip bump to LRLR(5-8)

Sec A7

1 – 4 Sit on L touch R to diagonally R & twist R heel out in out in(1-4)
5 – 8 Hold 4 counts(look at R(5), look at front(6), look up(7), look at front(8))

Sec A8

1 – 6 Touch R forward & bump R hip 6 times(1-6)
7 – 8 Cross R over L(7), unwind full turn L(8)(12.00)

Sec A9

1 – 4 Step R to R(1), hold(2), step L to L(3), hold(4)
5 – 8 Step R forward(5), recover on L(6), touch R behind(7), body roll from hip to top(8)

Sec A10

1 – 4 ½ turn R step R forward(1)(6.00), ½ turn R step L back(2)(12.00), ½ turn R step R forward(3)(6.00), hold(4)
5 – 8 ½ turn L step on L(5)(12.00), hold(6), step R forward & do front body roll(7-8)

Part B (32 counts)(Music)

Sec B1

1 – 4 Step L forward(1), hold(2), ½ turn L step R back(3)(6.00), ½ turn L step L forward(4)(12.00)
5 – 8 Step R forward(5), hold(6), ½ turn L step L beside R(7)(6.00), ½ turn L step R forward(8)(12.00)

Sec B2

1 – 8 Step R to R & do body roll to R(1-4), step L to L & do body roll to L(5-8)

Sec B3

1 – 8 ¼ turn R(3.00) marching on spot RLRLRLRL(1-8)(hand up & down which start from R hand)

Sec B4

1 – 8 Step L to L(1), hold(2-4), twist R heel out, in , out , in (5-8)

Part C (32 counts)(music)**Sec C1**

1 – 4 Touch R forward(1), step R down(2), touch L forward(3), step L down(4)

5 – 8 Repeat counts 1 -4 (5-8)

Sec C2

1 – 4 Touch R forward(1), hold(2), touch R forward(3), step R down(4)

5 – 8 Step L to L & do hip roll anti-clockwise(5-8)

Sec C3

1 – 4 Rock R forward(1), hold(2), recover on L(3), hold(4)

5 – 8 repeat counts 1 – 4 (5-8)

Sec C4

1 – 4 Step R beside L(1), hold(2), cross L over R(3), unwind full turn R(4)

5 – 8 Marching on spot RLRL(5-8)

Tag (2 counts)

1 – 2 Step R forward(1), recover & sit on L(2)

Ending (8 counts)

1 – 4 Step R to diagonally R & do body roll(1-3), recover on L(4)

5 – 8 Step R forward & do body roll forward(5-7), recover on L(8)

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