

A Go Go

COPPER KNOB
BY SHEETS

拍數: 168 牆數: 2 級數: Phrased Intermediate
編舞者: Jennifer Jou (TW) - August 2017
音樂: A Go Go (阿哥哥) - Zhang Xiu Qing (張秀卿)



Introduction : 8 counts (Start dance after "A Go Go" in the lyrics.)

Sequence : INTRO / A-B-C(72)-C(80) / BRIDGE / A-B-C(72)-C(80) / TAG / C(72)-C(88) / ENDING

Note : □

*1. Always dance Part C consecutive two times. For the second Part C, repeat Sec 7 which makes Part C to 80 counts. For the last Part C, Sec 7 needs to be danced three times which makes Part C to 88 counts.

*2. Please refer to our video demo for the arms movements.

[[[INTRO DANCE : 32 counts]]]

Sec i1 : SIDE & RAISE ARM UP, COVER RIGHT EYE AND BEND KNEE, ARM UP

1-4 Step RF to right side and raise right arm up high

5-8 Bend right elbow down with the right palm facing to the front and covering right eye(5) At the same time, bend your right knee in toward left knee. Straighten up right arm(8)

Sec i2 : RAISE ARM UP, COVER LEFT EYE AND BEND LEFT KNEE, ARM UP

1-4 Raise left arm up high with hand open

5-8 Bend left elbow down with the left palm facing to the front and covering left eye(5) At the same time, bend your left knee in toward right knee. Straighten up left arm(8)

Sec i3 : SIDE, RAISE LEFT ARM UP AND RIGHT ARM HORIZONTAL, SLIDE, SIDE, RAISE LEFT ARM UP AND RIGHT ARM HORIZONTAL, SLIDE

1-4 Step RF to right side with right arm up and left arm horizontal to left side, slide LF next to RF

5-8 Step LF to left side with left arm up and right arm horizontal to right side, slide RF next to LF

Sec i4 : SIDE, RAISE LEFT ARM UP AND RIGHT ARM HORIZONTAL, DRAG, SIDE, RAISE RIGHT ARM UP AND LEFT ARM HORIZONTAL, SLIDE

1-4 Step RF forward with shimmying your shoulders, hold, step LF in place

5-8 Touch RF to right side with right hand touching head(5-6), Straighten up right arm(7-8)

[[[PART A : 64 counts]]]

Sec A1 : (SIDE, TOUCH) x 2, SIDE, TOGETHER, SIDE, TOUCH

1-4 Step RF to right side, touch LF beside RF, step LF to left side, touch RF beside LF

5-8 Step RF to right side, step LF beside RF, step RF to right side, touch LF beside RF

Sec A2 : (SIDE, TOUCH) x 2, SIDE, TOGETHER, SIDE, TOUCH

1-4 Step LF to left side, touch RF beside LF, step RF to right side, touch LF beside RF

5-8 Step LF to left side, step RF beside LF, step LF to left side, touch RF beside LF

Sec A3 : SLOW JAZZ BOX

1-4 Cross step RF over LF, hold, step LF back, hold

5-8 Step RF to right side, hold, step LF forward, hold

Sec A4 : FULL RIGHT TURN WITH 4 KICKING STEPS

1-4 Make 1/4 turn right kicking RF forward, step RF down, make 1/4 turn right kicking LF forward, step LF down (6:00)

5-8 Repeat above 1-4 counts (12:00)

Sec A5 : FORWARD, TOUCH BEHIND, BACK, TOUCH TOGETHER, MAMBO RIGHT, HOLD

1-4 Step RF forward, touch LF behind RF, step LF back, touch RF over LF

5-8 Rock RF to right side, recover onto LF, step RF beside LF, hold

Sec A6 : FULL RIGHT TURN WITH 4 SIDE TOUCHING AND FLICKING

1-4 Make 1/4 turn right touching LF to left side, flick LF off the floor, make 1/4 turn right touching LF to left side, flick LF off the floor (6:00)

5-8 Repeat above 1-4 counts (12:00)

Sec A7 : FORWARD, TOUCH BEHIND, BACK, TOUCH TOGETHER, MAMBO LEFT, HOLD

1-4 Step LF forward, touch RF behind LF, step RF back, touch LF over RF

5-8 Rock LF to left side, recover onto RF, step LF beside RF, hold

Sec A8 : FULL LEFT TURN WITH 4 SIDE TOUCHING AND FLICKING

1-4 Make 1/4 turn left touching RF to right side, flick RF off the floor, make 1/4 turn left touching RF to right side, flick RF off the floor (6:00)

5-8 Repeat the above 1-4 counts (12:00)

[[[PART B : 32 COUNTS]]]

Sec B1 : (SIDE TOUCH, TOGETHER) x 4

1-4 Touch RF to right side and raise right arm up towards the left diagonal, step RF beside LF, touch LF to left side and raise left arm up towards the right diagonal, step LF beside RF

5-8 Repeat the above 1-4 counts

Sec B2 : (HITCH, DOWN) x 2, FOUR STEPS IN PLACE AND CLAP HANDS

1-4 Raise right knee up, step RF down, raise left knee up, step LF down

5-8 Step RF in place and clap hands in front of chest, step LF in place and clap hands in front of chest, step RF in place and clap hands in front of the forehead, step LF in place and clap hands in front of the forehead

Sec B3 : FULL TURN RIGHT, SIDE TOUCH, FULL TURN LEFT, SIDE TOUCH

1-4 Make 1/4 turn right stepping RF forward, make 1/2 turn right stepping LF back, make 1/4 turn right stepping RF to right side, touch LF to left side

5-8 Make 1/4 turn left stepping LF forward, make 1/2 turn left stepping RF back, make 1/4 turn left stepping LF to left side, touch RF to right side

Sec B4 : DIAGONAL FORWARD, TOUCH BEHIND, DIAGONAL BACK, TOUCH TOGETHER, DIAGONAL BACK, TOUCH TOGETHER, DIAGONAL FORWARD, TOUCH TOGETHER

1-4 Step RF forward to right diagonal, touch LF behind RF, step LF back to left diagonal, touch RF beside LF

5-8 Step RF back to right diagonal, touch LF beside RF, step LF forward to left diagonal, touch RF beside LF

[[[PART C : 72 COUNTS]]]

Sec C1 : (SIDE, SWING ARMS, CLAP AND FLICK) X 2

1-4 Step RF to right side and lean body toward right side, swing arms alternately up and down, clap and flick LF

5-8 step LF to left side and lean body toward left side, swing arms alternately up and down, clap and flick RF

Sec C2 : (TOE STRUT)X2,(FORWARD KICK,STEP)X2

1-4 Touch RF forward and circle left eye with thumb and index finger of left hand, drop right heel down, touch LF forward and circle right eye with thumb and index finger of right hand, drop left heel down

5-8 Kick RF forward with left hand pointing to RF, step RF back, kick LF forward with right hand pointing to LF, step LF back

Sec C3: (SIDE, SWING ARMS, CLAP AND FLICK) X 2

1-4 Step RF to right side and lean body toward right side, swing arms up and down, clap and flick LF

5-8 step LF to left side and lean body toward left side, swing arms up and down, clap and flick RF

Sec C4 : HEEL SWIVELS

- 1-4 Swivel heels right, left, right, left
 5-8 Repeat the above 1-4 counts

Sec C5: (SIDE, SWING ARMS, CLAP AND FLICK) X 2

- 1-4 Step RF to right side and lean body toward right side, swing arms up and down, clap and flick LF
 5-8 step LF to left side and lean body toward left side, swing arms up and down, clap and flick RF

Sec C6 : (JUMP FORWARD, TOUCH, BACK, BESIDE) X 2

- 1-4 Jump diagonally forward on RF, touch LF next to RF, jump diagonally back on LF, step RF next to LF
 5-8 Jump diagonally forward on LF, touch RF next to LF, jump diagonally back on RF, step LF beside RF

Sec C7 : OUT, OUT, IN, IN, SWAYS

- 1-4 Step RF forward to right diagonal, step LF forward to left diagonal, step RF back, step LF next to RF
 5-8 Sway hips right, sway hips left, sway hips right, sway hips left

NOTE : Always dance Part C consecutive two times. For the second and the fourth Part C, repeat Sec 7 which makes Part C to 80 counts. For the sixth Part C, Sec 7 needs to be danced three times which makes Part C to 88 counts.

Sec C8 : JUMP APART, JUMP CROSS, UNWIND FULL TURN LEFT, SIDE, TOUCH, SIDE, TOUCH

- 1-4 Jump feet apart, jump and cross step RF over LF, unwind full turn left
 5-8 Step RF to right side, touch LF next to RF, step LF to left side, touch RF next to LF

Sec C9 : CROSS, SIDE, CROSS, FLICK, CROSS, SIDE, CROSS, FLICK

- 1-4 Make 1/4 turn left stepping RF forward, step LF forward, step RF forward, make 1/2 turn right flicking LF (3:00)
 5-8 Step LF forward, step RF forward, step LF forward, make 1/4 turn left flicking RF (12:00)

[[[BRIDGE DANCE : 32 counts]]]**Sec 1 : (WALK FORWARD) x 3, KICK, (WALK BACK) x3, 1/4 TURN LEFT, TOUCH**

- 1-4 Walk forward on RF, walk forward on LF, walk forward on RF, kick LF forward
 5-8 Walk back on LF, walk back on RF, walk back on LF, make 1/4 turn left touching RF beside LF (9:00)

Sec 2 : REPEAT Sec 1

- 1-8 Repeat Sec 1 (6:00)

Sec 3 : REPEAT Sec 1

- 1-8 Repeat Sec 1 (3:00)

Sec 4 : REPEAT Sec 1

- 1-8 Repeat Sec 1 (12:00)

[[[TAG : 4 counts]]]**ROCKING CHAIR**

- 1-4 Rock RF forward, recover onto LF, rock RF back, recover onto LF

[[[ENDING : 24 counts]]]**Sec 1 : ROCKING CHAIR, RAISE ARMS**

- 1-4 Rock RF forward, recover onto LF, rock RF back, recover onto LF
 5-8 Step RF to R and raise both arms up like V shape

Sec 2 : ROCKING CHAIR

1-4 Rock RF forward, recover onto LF, rock RF back, recover onto LF

Sec 3 : JUMP APART, JUMP CROSS, UNWIND FULL TURN LEFT, SIDE, TOUCH, SIDE, TOUCH

1-4 Jump feet apart, jump and cross step RF over LF, unwind full turn left

5-8 Step RF to right side, touch LF next to RF, step LF to left side, touch RF next to LF

Sec 4 : SIDE, SIT, SWING

1-4 Step RF to right side, sit hips as swing your right hand to draw two circles

Happy dancing !!!

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