

I Say, I Love You

COPPER KNOB
BY STEPHEN

拍數: 176

牆數: 1

級數: Phrased Intermediate (belly dance version)



編舞者: Cara Tan (MY) - March 2018

音樂: Agoul Ahwak by Haifa Weibe

Dance sequence: Intro, A, B Intro, Tag, A, B , Bridge 1, Bridge 2, B, intro (end)

INTRO – 32 count (4 x 8):

i[1-8] Right Whisk, Left Whisk, Right Rolling Vine Touch

- 1&2 Step RF to R side, Step LF slightly behind RF on ball, Recover RF
- 3&4 Step LF to L side, Step RF slightly behind LF on ball, Recover LF
- 5-6 1/4 turn R-step RF forward, 1/2 turn R-step LF back
- 7&8 1/4 turn R-step RF to R side, Point LF to L side bumping hips up-down

i[9-16] Left Rolling Vine Touch, Rocking Chair with Shimmy

- 1-2 1/4 turn L-step LF forward, 1/2 turn L-step RF back
- 3&4 1/4 turn L-step LF to L side, Point RF to R side bumping hips up-down
- 5-8 (with shimmy) RF forward rock, LF recover, RF backward rock, LF recover

***For intro at end, change rocking chair to:**

- 5-8 Rf forward, pivot 1/2 L change weight to L, make another 1/2 turn L step R back, hold

i - Repeat the above 16 steps

Part A – 32 count (4 x 8):

A[1-8] Hip Bumps x3, Step Down & Sweep

- &1&2 Touch R toe forward bumping hips up-down-up-down (raising RF slightly at last count)
- &3&4 Touch R toe forward bumping hips up-down-up-down (raising RF slightly at last count)
- &5&6 Touch R toe forward bumping hips up-down-up-down (raising RF slightly at last count)
- 7-8 Step RF diagonally to R (face diagonally L)(11:30) , make a 1/8 turn R and Sweep touch LF to front (12:00) with weight on R

A[9-16] Hip Bumps x3, Step Down & Sweep

- &1&2 Touch L toe forward bumping hips up-down-up-down (raising LF slightly at last count)
- &3&4 Touch L toe forward bumping hips up-down-up-down (raising LF slightly at last count)
- &5&6 Touch L toe forward bumping hips up-down-up-down (raising LF slightly at last count)
- 7-8 Step LF diagonally to L (face diagonally R)(1:30) , make a 1/8 turn L and Sweep touch RF to front (12:00) with weight on L

A[17-24] Hip Bumps x4

- 1-2 Point RF to R side bumping hips up-down, Step RF back
- 3-4 Point LF to L side bumping hips up-down, Step LF back
- 5-6 Point RF to R side bumping hips up-down, Step RF back
- 7-8 Point LF to L side bumping hips up-down, Step LF back

A[25-32] Step-Point-Step, Cross Unwind, Hip Sways

- 1-2 Big step RF to R side, point LF to L side
- 3-4 Make 1/4 turn L step L down, Cross RF over L, Unwind 3/4 turn L change weight to R
- 5-6 Step L back and touch on R toe in front of L at the same time raising both hands up,
- 7-8 snaking R hand down

Part B – 32 count (4 x 8):

B[1-8] Cross, Step Side, Step Behind, Hip Bumps

- 1-2-3&4 Cross RF over LF, Step L to L side, Step RF behind L, Raising L hips bumping up-down
5-6-7&8 Cross LF over RF, Step R to R side, Step LF behind R, Raising R hips bumping up-down

B[9-16] Step Forward, Pivot 1/2 Turn, Touch & Hip Sways R-L-R

- 1-2 Step RF down, Step LF forward
3-4 Pivot 1/2 turn, Step LF forward
5-8 Step RF together and sway hips R-L-R-L (or figure 8)

B[17-24] Cross, Step Side, Step Behind, Hip Bumps

- 1-2-3&4 Cross RF over LF, Step L to L side, Step RF behind L, Raising L hips bumping up-down
5-6-7&8 Cross LF over RF, Step R to R side, Step LF behind R, Raising R hips bumping up-down

B[25-32] Step Forward, Pivot 1/2 Turn, Touch & Hip Sways R-L-R

- 1-2 Step RF down, Step LF forward
3-4 Pivot 1/2 turn, Step LF forward
5-8 Step RF together and swaying hips R-L-R-L (or figure 8)

TAG – 6 count:**[1-6] Touch, Open Arms, Twist Shoulders R-L-R-L, Open Arms Up**

- 1-2 Touch R forward, Open arms at shoulder level
&3&4 Twist shoulder in R-L-R-L

Bring both arms down, Open arms out & up above head (refer video demo)

BRIDGE 1 – 40 count (8 x 5): 5 counts for each section**#Section 1**

- 1-3 (Both arms out at waist level) Touch R toes forward bumping hips up-down-up
4-5 Step RF forward with shimmy , drag LF forward (with shimmy)

#Section 2

- 1-3 (Both arms out at waist level) Touch L toes forward bumping hips up-down-up
4-5 Step LF forward with shimmy, drag LF behind with shimmy

#Section 3

- 1-3 Make a ½ turn R Both arms out at waist level Touch R toes forward bumping hips up-down-up
4-5 Step RF forward with shimmy , drag LF forward (with shimmy)

#Section 4

- 1-3 (Both arms out at waist level) Touch L toes forward bumping hips up-down-up
4-5 Step LF down with shimmy, Step RF forward with shimmy

#Section 5 (please refer video demo for hand movement)

- 1-3 Step RF to R side, bring R arm out to R side at shoulder level, Place L hand on R hand and raise both hands up
4-5 Turn head back to R side, touch L hand to L side of head, Bring R hand down to R side to draw a circle up to touch R side of head and turn head to front

#Section 6

- 1-3 Step LF to L side, bring LR arm out to L side at shoulder level, Place R hand on L hand and raise both hands up
4-5 Turn head back to L side, touch R hand to R side of head, Bring L hand down to L side to draw a circle up to touch L side of head and turn head to front

#Section 7

- 1-3 Touch RF forward and bring R arm out to R, bring L arm to L, Raise both hands up to above head

4-5 Bring both arms down, Open arms out & up above head

#Section 8

1-3 Make 1/2 turn L (12:00) weight on R, bring both arms down , Step LF back with R toes touch forward and open arms out & up above head

4-5 HOLD

BRIDGE 2 – 34 count (4 x 8 + 2):

***Section 1**

1&2,3&4 (Both arms raise above head) Cha-cha R forward, Cha-cha L forward

5&6,7&8 (Both arms raise above head) Cha-cha R forward, Cha-cha L forward

***Section 2**

1&2 Cha-cha R backwards (L hand raised above head & R hand sweeping down from top of R side head to neck)

3&4 Cha-cha L backwards (R hand raised above head & L hand sweeping down from top of L side head to neck)

5&6 Cha-cha R backwards (L hand raised above head & R hand sweeping down from top of R side head to neck)

7&8 Cha-cha L backwards (R hand raised above head & L hand sweeping down from top of L side head to neck)

***Section 3**

1&2&3&4 step R to R, L together , step R to R, L together , step R to R, L together , Step R to R

5&6&7&8 Step L to L, R together, Step L to L, R together, Step L to L, R together, Step L to L

***Section 4**

1&2&3&4 step R to R, L together , step R to R, L together , step R to R, L together , Step R to R

5-6-7-8 Step LF forward, Step RF forward, Pivot 1/2 turn L, make another ½ turn L step R back

[33-34] Step LF back, Touch R toes forward & pose “hoh”!!

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