

Aotearoa Groove

COPPER KNOB
BY STEPHEN

拍數: 38 牆數: 2 級數: Improver
編舞者: Melissa Lau (NZ) - February 2021
音樂: Poi E - Patea Maori Club



Dance begins after approximately 16 counts (after the words "taku poi e")

STOMP-PADDLE TURNS (x3), CROSS SHUFFLE

1, 2 Stomp R fwd (12:00), pivot ¼ turn left transferring weight onto L (9:00)
3, 4 Stomp R fwd, pivot ¼ turn left transferring weight onto L (6:00)
5, 6 Stomp R fwd, pivot ¼ turn left transferring weight onto L (3:00)
7&8 Cross R over L, step L slightly left, cross R over L

SIDE ROCK, ½ SAILOR, FWD SHUFFLE, ½ HINGE TURN

1, 2 Rock L to side, recover on R
3&4 Swing L behind R turning ½ left (9:00), step R next to L, step L next to R
5&6 Step R fwd, step L next to R, step R fwd
7, 8 Turn ¼ right stepping L back (12:00), turn ¼ right stepping R to side (3:00)

SYNCOPATED CROSS ROCK-SIDE (x2), CROSS, SYNCOPATED MONTEREY TURN

1, 2& Rock L across R, recover weight on R, step L next to R
3, 4& Rock R across L, recover weight on L, step R next to L
5, 6 Cross L over R, point R to side
7, 8, & ½ turn right bringing R to L (9:00), point L to side, step L next to R
(Easier option instead of SYNCOPATED CROSS ROCK-SIDE: CROSS, POINT)
1, 2, 3, 4 Cross L over R, point R to side, cross R over L, point L to side

HEEL SWITCHES, FWD HEEL, BACK TOUCH, SIDE TOUCH, FLICK-SLAP, ¼ TURN HITCH-SLAP, STOMP UP

1&, 2& Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R
3, 4, 5 Tap R heel fwd, tap R toes back, tap R toes to side
6 Raise R behind L leg slapping R heel with L hand
7 Turn ¼ left on L ball lifting R knee and slapping R heel with R hand (6:00)
8 Stomp R next to L keeping weight on L

ROCKING CHAIR, HIP SWAYS

1, 2, 3, 4 Rock fwd on R, recover weight on L, rock back on R, recover weight on L
5, 6 Step R to side swaying hips right, sway hips left

* RESTART: on wall 2 after 36 counts (facing 12 o'clock)

* ENDING: on last wall, dance up to 5 counts, and HOLD on 6th count facing the front

Choreographed in conjunction with Waitangi Day 6th February, the national day of New Zealand.