

Polynesia

COPPER KNOB
BY SHEETS

拍數: 112 牆數: 1 級數: Phrased Intermediate / Advanced
編舞者: Alison Metelnick (UK), Peter Metelnick (UK), Jo Kinser (UK) & John Kinser (UK) -
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音樂: Aloha Wari Boom - La Banda Del Diablo



Phrasing is very easy: A-B-B-C-C A-B-B-C-C A

Very quick start. Group sings "sigueme sigueme", right after that there is one big drum beat.

Start immediately after that! - 3 mins 11secs

Music Available: Amazon

PART A - Feel The Rhythm Around The Room - 32 counts - once only each time

[1-8] R fwd, ¼ L pivot turn, hold/clap hands 3 times, R fwd, ¼ L pivot turn, hold/clap hands 3 times

1-2 Step R forward, pivot ¼ left (9 o'clock)
3&4 Hold with weight on L and clap your hands 3 times
5-6 Step R forward, pivot ¼ left (6 o'clock)
7&8 Hold with weight on L and clap your hands 3 times

[9-16] R fwd, ¼ L pivot turn, hold/clap hands 3 times, R fwd, ¼ L pivot turn, hold/clap hands 3 times

1-8 Repeat counts 1-8 to end facing front wall

[17-24] Stomp R to R side/hold, stomp L to L side/hold shaking hips at the same time, R/L/R/L heel switches

1-4 Stomp R to right side shaking your hips, hold, stomp L to left side shaking your hips, hold
5&6&& Touch R heel forward, step R together, touch L heel forward, step L together
7&8&& Touch R heel forward, step R together, touch L heel forward, step L together

[25-32] Stomp R to R side/hold, stomp L to L side/hold shaking hips at the same time, R/L/R/L heel switches

1-8 Repeat counts 17-24

PART B - Aloha! - 32 counts - Always dance B twice

[1-8] R heel grind, R back, L tog, R side, L tog, R side, L touch

Arms 1-4: From waist level with hands crossed, palms facing inwards, circle both arms up crossing in front of body, and then above your head and then as you come down with outstretched arms, palms now outwards bring back down to waist level

Arms 5-8: Lift both arms up and out to the right shoulder level make waves out to the right with your arms and fingers, do this twice (Hula!)

1-4 Touch R heel forward grinding it from left to right over 2 counts, step R back, step L together

Arms: See heading

5-8 Step R side, step L together, step R side, touch L together

Arms: see heading

[9-16] L heel grind, L back, R tog, L side, R tog, L side, R touch

Arms 1-4: From waist level with hands crossed, palms facing inwards, circle both arms up crossing in front of body, and then above your head and then as you come down with outstretched arms, palms now outwards bring back down to waist level

Arms 5-8: Lift both arms up and out to the right shoulder level make waves out to the right with your arms and fingers, do this twice (Hula!)

1-4 Touch L heel forward grinding it from right to left over 2 counts, step L back, step R together

Arms: See heading

5-8 Step L side, step R together, step L side, touch R together

Arms: See heading Page 1 of 3

[17-20] Hip sway 8: R/L/R/L/R/L/R/L single or double time and at the same time execute these arm movements

Arms: At shoulder level extend R arm forward pointing fingers out with palm downwards, keeping R arm in

place extend L arm forward pointing fingers out with palm downwards

1-4 Sway hips R, L, R, L (or be adventurous and double time those hips of yours!)

Arms: See heading (like Macarena)

[21-24] Sway hips 8: R/L/R/L/R/L/R/L/ single or double time as the same time execute these arm movements.

Arms: bringing R arm back to shoulder level push and extend R arm to R side pushing palm of hand out, bringing L arm back to shoulder level push and extend L to L side pushing palm out. All the time swaying your hips either single or double time (have fun!)

5-8 Sway hips R, L, R, L (or be adventurous and double time those hips of yours!) at the same time execute

Arms: See heading (like Macarena)

[25-28] Repeat counts 17-20 with same arm movements

1-4 Sway hips R, L, R, L (or be adventurous and double time those hips of yours!) at the same time execute

Arms: see heading for counts 17-20 (like Macarena)

[29-32] R fwd rock/recover with ¼ R turn, ¼ R, R fwd, L fwd

Arms: Hairbrush: Raise your R arm above your head, with the palm of your hand on your hair make a circle anti-clockwise like you are brushing your hair and bring it down to your side as you turn to the opposite wall

5-8 Rock R forward, recover weight on L turning ¼ right, turn ¼ right step R forward, step L forward (6 o'clock)

Arms: See heading

REPEAT

PART C - Wari Wari Boom Boom! - 48 counts - Always dance C twice

[1-4] Walk fwd R/L, make a V stepping out R/L with hip bumps, hold and chest pump twice (boom boom!)

1-2 Step R forward, step L forward

3-4 Step R forward and out pushing R hip out, step L apart pushing L hip out

5-6 Step R back, step L together

7-8 Weight remains on L as you pump your fists out and in at chest level out in front, twice (elbows bent)

[9-16] R cross step over L, ½ R hinge turn, L cross step over R, ¼ R Monterey

1-4 Cross step R over L, turning ¼ right step L back, turning ¼ right step R side, cross step L over R (6 o'clock)

5-6 Point R toes side right, turning ¼ right on L step R together, point L toes side left, step L together (9 o'clock)

[17-24] Stomp R back, hold, stomp L back, hold (optional arms on yeah!), R back, hold, L ball step fwd

1-4 Stomp R back, hold, stomp L back, hold (on this hold you can pump both fists above your head and yell hey! with the group)

5-6 Stomp R back, hold

&7-8 Step L back, step R forward, step L forward

[25-32] R fwd rock/recover, ¼ R, R side, L heel fwd, hold, L tog, R fwd rock/recover, ¼ R, R side, L heel fwd, hold, L tog

1-2& Rock R forward, recover weight L, turning ¼ right step R side (12 o'clock)

3-4& Touch L heel forward, hold, step L together

5-6& Rock R forward, recover weight on L, turning ¼ right step R side (3 o'clock)

7-8& Touch L heel forward, hold, step L together

[33-34&] Step R to R side, hold/arms

Arms: Cross arms over chest with palms inwards

1-2& Step R side, hold, step L together

Arms: See heading

[35-36&] Step R to R side, hold/arms

Arms: At the same time place your R arm out to right side bending up from the elbow and making a fist with your hand:

Place your L arm out to left side bending down from elbow making a fist with your hand (warrior arms)

3-4& Step R side, hold, step L together

Arms: See heading

[37-40] R side rock/recover, R behind, ¼ L/R fwd

Arms: Bring both down to a natural position by your side

5-6 Rock R side, recover weight on L

Arms: See heading

7&8 Cross step R behind L, turning ¼ left step L forward, step R forward (12 o'clock)

[41-42&] Step L to L side, hold/arms, R tog

Arms: Cross arms over chest with palms inwards

1-2& Step L side, hold, step R together

Arms: See heading

[43-44&] Step L to L side, hold, R tog

Arms: At the same time place your R arm out to right side bending up from the elbow and making a fist with your hand:

Place your L arm out to left side bending down from elbow making a fist with your hand (warrior arms)

3-4& Step L side, hold, step R together

Arm: See heading

[45-48] L side rock/recover, L sweep into ½ left turning coaster (aka ½ left toaster)

Arms: Bring both down to a natural position by your side

5-6 Rock L side, recover weight on R

Arms: See heading

7&8 Sweeping L from front to back turn ½ left stepping L back, step R together, step L forward (6 o'clock)

REPEAT

This does look ominous but it's easier than you might think and a lot of fun and if the arms in Section 3 are done the other way it doesn't really matter. Just have fun with it. Enjoy!

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