

Let's Go Mia

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2
編舞者: Karine Moya (FR) - 17 June 2023
音樂: Let's Go MIA - Evangelia

級數: Absolute Beginner



Intro : Approx 16s
No Tag, No Restart

Choreography specially created for the Workshop of CDA 31 to Lloret de Mar 17 & 18 June 2023

Section 1 : Fwd WALKS, HITCH, Bwd WALKS, TOUCH,

1 2 3 4 Step Rf Fwd, Step Lf Fwd, Step Rf Fwd, Hitch L (12.00)

5 6 7 8 Step Lf Bwd, Step Rf Bwd, Step Lf Bwd, Touch Rf beside L (Weight on Lf)

Arms Option : At 3rd, 7th wall at (12:00) and 10th wall at (6:00) Raise your 2 arms on all 4 1st beat up palms up (1234) turn your palms up outside and bring your arms back down by zigzagging and bending your elbows to the R, to the L, to the R, to the L (5678)

Section 2 : V STEP, HIP BUMP R, HIP BUMP L

1 2 Step Rf Fwd to R Diagonal, Step Lf Fwd to L Diagonal (Weight on Lf)

3 4 Step Rf back to the center, Step Lf next to Rf (Weight on Lf)

Arms Option : Swing your 2 arms in the air towards R, towards L on these 4 counts during the chorus at 4th and 8th Wall (6:00)

5 6 Step Rf to the R side Bumping hip R to the R with Bounce x2 (Weight on Rf)

Arms Option : Counts 5 6 At 3rd, 7th wall at (12:00) and 10th walls at (6:00) : Raise and bend your right elbow and reach your right index and middle fingers in front of your eyes (back of the hand facing you) going outward when she says « When I look in your eyes »

7 8 Make Weight on Lf Bumping hip L to the L with Bounce x2 (Weight on Lf)

Section 3 : GRAPEVINE, BRUSH R, GRAPEVINE, BRUSH L

1 2 3 4 Step Rf to R side, Cross Lf behind R, Step Rf to R side, Brush Lf

5 6 7 8 Step Lf to L side, Cross Rf behind L, Step Lf to the L side, Brush Rf

Section 4 : STEP ¼ TURN X2, HIP BUMP R, HIP BUMP L

1 2 3 4 Step Rf Fwd, Turn ¼ L placing weight on Lf (09.00), Step Rf Fwd, Turn ¼ L placing weight on Lf (06.00)

5 6 Make weight on Rf Bumping hip R to the R with Bounce x2 (Weight on Rf)

7 8 Make weight on Lf Bumping hip L to the L with Bounce x2 (Weight on Lf)

START AGAIN

HAVE FUN !

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