

Magalenha Lalita

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 2 級數: Improver
編舞者: Lalita Atikandhari (INA) - September 2023
音樂: Magalenha (feat. Sergio Mendes) - Simon Fava & Gregor Salto



No Tag No Restart

S1 CHEST RL - CIRCLE SHIMMY SHOULDER

1-2 Step R to side with move chest to right, Move Chest to left
3-8 Shimmy shoulder make the circle rotate clockwise

S2 (CROSS ROCK - SIDE ROCK - BOTAFOGO) RL

1&2& Cross R over L, Recover on L, Step R to side, Recover on L
3&4 Cross R over L, Step ball L to side, Step R in place
5&6& Cross L over R, Recover on R, Step L to side, Recover on R
7&8 Cross L over R, Step ball R to side, Step L in place

S3 SLOW BATUCADA RL - QUICK BATUCADA RLRL

1-2 Roll R hip semi circular, Step R back high point on L
3-4 Roll L hip semi circular, Step L back high point R
&5&6 Roll R hip semi circular, Step R back high point on L, Roll L hip semi circular, Step L back high point R
&7&8 Roll R hip semi circular, Step R back high point on L, Roll L hip semi circular, Step L back high point R

S4 FORWARD HIP - BACK HIP - PIVOT 1/2 TO LEFT - BACK ROLL HIP

1-2 Move R hip forward, Move L hip backward
3-4 Step R forward, ½ turn left recover on L
5-6 Move hip to right, Move hip to back
7-8 Move hip to left, Back to center

Enjoy the dance

Email Address - lalita.oenix@gmail.com