

Loop De Loop

COPPER KNOB
BY STEPHEN BRETZ

拍數: 0 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: Shake A Tail Feather (Original Version) - The Cheetah Girls



Sequence: A BBB CC BB CC

PART A (OPENING)

WIGGLE TO RIGHT, WIGGLE TO RIGHT, WIGGLE TO LEFT, WIGGLE TO LEFT

- 1-2 Step right foot out to right side as you are shaking your shoulders and leaning slightly forward
- 3-4 Step left to right as you stand back up still shaking your shoulders
- 5-6 Step right foot out to right side as you are shaking your shoulders and leaning slightly forward
- 7-8 Step left to right as you stand back up still shaking your shoulders
- 1-2 Step left foot out to left side as you are shaking your shoulders and leaning slightly forward
- 3-4 Step right to left as you stand back up still shaking your shoulders
- 5-6 Step left foot out to left side as you are shaking your shoulders and leaning slightly forward
- 7-8 Step right to left as you stand back up still shaking your shoulders

TAP HEEL AND HEEL AND HEEL, HEEL, TAP HEEL AND HEEL AND HEEL, HEEL

- 1&2&3-4 Tap right heel forward, put right next to left as you tap left heel forward, put left next to right as you tap right heel forward twice
- &5&6&7-8 Put right next to left as you tap left heel forward, put left next to right as you tap right heel forward, put right next to left as you tap left heel forward twice

AND STEP ½ TURN PIVOT LEFT, ½ TURN PIVOT LEFT, JUMP OUT WITH FEET SHOULDER WIDTH APART AND HOLD

- &1-2-3-4 Put left next to right as you step forward on right, pivot ½ turn to your left, step forward on right and pivot ½ turn to your left
- 5-6-7-8 Bring right foot shoulder width out to right side and bounce on both feet, hands are out to side and hands are shaking

PART B (VERSE)

VINE RIGHT, TWIST, VINE LEFT, TWIST

- 1-2-3-4 Vine right - step forward on right, left behind right, right to right side, left out to left side
- 5-6-7-8 Twist both feet as you lean to right and back to middle
- 1-2-3-4 Vine left - step forward on left, right behind left, left to left side, right out to right side
- 5-6-7-8 Twist both feet as you lean to left and back to middle

STEP BACK 3 STEPS, TOUCH, HOP FORWARD 2 TIMES

- 1-2-3-4 Step back - right, left, right, touch left next to right
- &5-6 Hop forward - left right, hold (or circle hips as you hop forward)
- &7-8 Hop forward - left right, hold (or circle hips as you hop forward)

TAP HEEL FORWARD TWICE, TAP TOES BACK TWICE, TAP HEEL FORWARD, TAP TOES BACK, TOUCH RIGHT TOES OUT TO RIGHT SIDE, ¼ TURN LEFT AS YOU TOUCH TOES BEHIND LEFT LEG

- 1-2-3-4 Tap right heel forward twice, tap right toes back twice
- 5-6-7 Tap right heel forward, tap right toes back, touch right toes out to right side
- 8 As you turn ¼ turn to your left (on ball of left foot) bring right leg up behind left and touch toes with left hand

PART C (CHORUS)

AAAHHHHH

1-8 Feet are shoulder width apart, hands are at your feet and you are rising to reach the air as you shake your hands

TWIST IT

1-8 Twist to right and back up for 8 counts

1-8 Twist to left and back up for 8 counts

LOOP DE LOOP

1-8 With right hand in air making a circle above your head (like you have a lasso in your hand), circle your hips from left to right and you turn in a 360 turn for 8 counts. You will end up back up front. (your hips should rotate 4 times - turning to hit each wall until you are back at your facing wall)

SHAKE IT OUT BABY

1-8 Do the pony starting on your right foot and bringing right hand over head like you are swimming, then left, then right, then left

LOOP DE LIE

1&2 As you lift hands up to chest height, turn ½ turn to your right and continue shifting weight back and forth from your right to your left

3&4 Drop hands back to side as you continue shifting weight back and forth from your right to your left

5&6 As you lift hands up to chest height, turn ½ turn to your right and continue shifting weight back and forth from your right to your left

SHAKE YOUR TAIL FEATHER: (YOUR HANDS WILL BE CROSSED AND AT THE TOP OF YOUR BOTTOM AND YOU WILL BE BENT OVER FORWARD FOR THIS MOVE)

1-8 Flap hands up and down and turn 1 full circle to right as you are bouncing on both feet

1-8 Flap hands up and down and turn 1 full circle to left as you are bouncing on both feet

1-8 Flap hands up and down and turn 1 full circle to right as you are bouncing on both feet

1-8 Flap hands up and down and turn 1 full circle to left as you are bouncing on both feet
