

The Ooga-Chaka Dance

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 0 級數:
編舞者: Pepper Siquieros (USA)
音樂: Dancing Baby - Baby Talk



HEEL SWIVELS (¼ TURN RIGHT)- WALK FORWARD RIGHT-LEFT-RIGHT-PIVOT ¼ TURN LEFT

- 1 Swivel both heels left (hold left hand down-right hand up)
- 2 Swivel both heels right (hold right hand down-left hand up)
- 3&4 Swivel both heels left-right-left and make ¼ turn to right on last swivel. Weight ends up on left foot (hands move up and down with each swivel)
- 5-8 Walk forward right-left-right and pivot ¼ turn to left. You should be back to facing forward with feet together, weight on both feet

HEEL SWIVELS (¼ TURN LEFT)- WALK FORWARD LEFT-RIGHT-LEFT-PIVOT ¼ TURN RIGHT

- 9 Swivel both heels right (hold right hand down - left hand up)
- 10 Swivel both heels left (hold left hand down - right hand up)
- 11&12 Swivel both heels right-left-right and make ¼ turn to left. Weight ends up on right foot (hands move up and down with each swivel)
- 13-16 Walk forward left-right-left and pivot ¼ turn to right keeping weight on left. You should be back to facing forward with feet together - weight on left foot

BOUNCY WALK BACK (BACKWARD RUNNING MAN) RIGHT-LEFT-RIGHT-LEFT

- & Slide/scooch left foot back.
- 17 Step onto right foot (punch right arm forward - palm open).
- & Slide/scooch right foot back.
- 18 Step onto left foot (punch left arm forward-palm open).
- & Slide/scooch left foot back.
- 19 Step onto right foot (punch right arm forward -palm open).
- & Slide/scooch right foot back.
- 20 Step onto left foot (punch left arm forward-palm open).

SHAKE IT DOWN 2 BEATS AND UP 2 BEATS

- 21-22 Bend over forward and shake shoulders down for 2 beats (bring right arm up, bend elbow and hold right fist in front of face-bring left arm behind you, bend elbow and hold left fist behind back).
- 23-24 Stand up and shake hips for 2 beats (bring both arms forward - right fist over left).

JUMP APART TOES OUT, JUMP APART TOES IN, JUMP TOGETHER, HOLD

- 25 Jump both feet apart with toes angled out.
- 26 Jump again slightly further apart with toes angled in.
- 27 Jump both feet together.
- 28 Hold. (hold right arm out to right, bend elbow, right hand up and forward, hold left arm down with hand at belt buckle - hold arm position for next 4 steps).

Low impact option: if you can't jump then just do toes out(25), heels out(26), heels in(27), toes in(28).

PUSH OFF WITH LEFT FOOT, MAKE FOUR 1/8 TURNS TO RIGHT (TOTAL ½ TURN TO RIGHT)

- 29 Weight on right foot-push off with left foot and make 1/8 turn to right(chug step).
- 30-32 Repeat step 29 three more times.
- 33-36 Repeat steps 25-28

PUSH OFF WITH RIGHT FOOT, MAKE FOUR 1/8 TURNS TO LEFT (TOTAL ½ TURN TO LEFT)

- 37 Weight on left foot - push off with right foot and make 1/8 turn to left.(chug step)

38-40 Repeat step 37 three more times.

JUMP BOTH FEET LEFT, JUMP BOTH FEET RIGHT, MOVING LEFT, TOES OUT-IN-OUT

41 Small jump to left on both feet.

42 Small jump to right on both feet.

43&44 Move to left while spreading toes (43)out-(&)in-(44)out.

RIGHT GRAPEVINE, ¼ TURN TO RIGHT AS YOU STEP LEFT

45 Step to right on right.

46 Step left foot behind right.

47 Step to right on right.

48 Make ¼ turn to right as you step down on left.

REPEAT
