

# Raquarena

**COPPER** **KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 2      級數:  
編舞者: Peter Heath (AUS)  
音樂: Macarena - Los del Mar



**Assume right handed tennis player**

## **BOUNCE BALL TWICE, THROW, SERVE**

- 1-2      Bounce an imaginary ball on the ground with left hand, twice
- 3      Throw imaginary ball in air with left hand
- 4      Hit overhead ball with imaginary racket in right hand

## **FORWARD RUN 3, BACKHAND VOLLEY**

- 5-7      Step forward right foot, step forward left foot, step forward right foot
- 8      Hit ball with imaginary racket with backhand

## **BEHIND VINE 3, FOREHAND; BEHIND VINE 3, BACKHAND**

- 9-11      Cross left foot behind right foot, step right foot to right, cross left foot in front of right foot
- 12      Hit ball with imaginary racket with forehand
- 13-15      Cross right foot behind left foot step left foot to left, cross right foot in front of left foot
- 16      Hit ball with imaginary racket with backhand

## **BEHIND VINE 3, FOREHAND; BEHIND VINE 3, BACKHAND**

- 17-24      Repeat beats 9-16

## **BACK 3, JUMP & SMASH; (LEFT) BASKETBALL 2, FORWARD & CLAP TRIPLE**

- 25-27      Step back left foot, step back right foot, step back left foot
- 28      Jump and hit overhead ball with imaginary racket in right hand, land on both feet but weight to the right
- 29-30      Rock forward left foot turning ½ right, recover right foot leaving left foot behind right
- 31-32      Step forward left foot and clap / clap, clap

## **REPEAT**

**Variation: All hits of the ball can be enhanced with Monica Seles Grunts if required.**

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