

Shake Your Rump

COPPER KNOB
BY STEPHENETS

拍數: 8 牆數: 4 級數: Beginner
編舞者: Unknown
音樂: A Mover La Colita - Artie The One Man Party



This is a very short "dance" that the younger crowd loves, especially college age. Simpler than the Macarena, if that's possible. It's a good song/dance for people just starting out. Every place I have shown it, people took to it instantly.

CORNERS OF THE SQUARE, CLAP

(The way I taught the dance, I asked the class to visualize a square painted on the floor, and they were going to step on the corners.)

- 1 Step right forward lively (upper right corner of box).
- 2 Step left forward lively (upper left corner of box).
- 3 Step right backwards lively (lower right corner of box).
- 4 Step left backwards lively (lower left corner box), and clap hands as foot touches floor. Hold clapped hands in front of you, palm to palm.

HIP ROLLS AND ¼ TURN

5-8 Roll hips to the right. At end of beat 8, on the ball of left foot do a ¼ turn to left

REPEAT

When you do the ¼ turn and start dance over, your left foot is in the bottom left corner of the box and your first step will be your right to the upper right corner.

You can do all sorts of variations in place of the 4 beats of hip rolls, for example:

Hop forward on both feet four times

Do four ¼ turns, tapping your foot outwards on each turn

Applejack four times
