

Surf's Up

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Donna Aarflot (USA)
音樂: Hawaiian Roller Coaster Ride - Mark Keali'i Ho'omalulu



RIGHT GRAPEVINE, RIDE THE SURF

- 1-2 Right step to right, left step behind right
- 3-4 Right step to right, left touch
- 5-8 Surf position as if riding a surfboard (crouch down, left foot and arm stretched out forward, right arm and leg in back)

LEFT GRAPEVINE, RIDE THE SURF

- 1-2 Left step to left, right step behind left
- 3-4 Left step to left, right touch
- 5-8 Surf position as if riding a surfboard (same as above)

FORWARD STEPS RIGHT, LEFT, RIGHT, LEFT, WITH SWIMMING STROKES RIGHT, LEFT, RIGHT, LEFT

- 1-2 Step forward right, hold, while doing right arm overhead stroke
- 3-4 Step forward left, hold, while doing left arm overhead stroke
- 5-6 Step forward right, hold, while doing right overhead stroke
- 7-8 Step forward left, hold, while doing left overhead stroke

HEEL TOGETHER, ¼ TURN, HEEL TOGETHER "SHAKE THE SHAKA"

- 1 Touch right heel forward
- 2 Step right foot next to left
- 3 Step left heel forward
- 4 Step left foot next to right
- 5 Turn ¼ right, touch right heel forward
- 6 Step right foot next to left
- 7 Touch left heel forward
- 8 Step left heel next to right

REPEAT

"Shake the Shaka" is a hand signal originally made popular by surfers where you stick out the thumb and pinky and fold the other three fingers in. Meaning: Hang loose! Excellent! Cool! Good Job!
