

Hawaii Calls

COPPER **KNOB**
BY STEPHEN

拍數: 0 牆數: 2 級數: Improver
編舞者: Marlene Rutherford (USA)
音樂: One Paddle, Two Paddle - Hawaii Calls Orchestra



Sequence: AB, AB (no Aloha), AA, dropping Canoeing the 2nd time, End with Aloha
ALOHA! The dance calls for hula-styling with slightly flexed knees. Use your hips

SECTION A

AROUND THE WORLD: PADDLE, TURN, REPEAT 3 TIMES. DO HIP ROLLS TO RIGHT, THEN LEFT, AS YOU TURN

1-2 Right toe forward push into (hips right), left swivel step ¼ turn to left with weight (hips left)
3-8 Repeat counts 1-2 three times completing full turn turn.

Optional: hands on hips assisting hip rolls. Prep for hand rolls at waist in next set

SWAY HIPS: DOWN, DOWN, UP, UP, OUT, OUT, IN, IN, DO SOFT HIP MOVEMENTS

1-2 Right step in place bending knee down. Left step in place bending knees down
3-4 Right step in place /straighten knee slightly, left step in place/fully straighten knees
5-6 Right small sway/step to right side, left small sway/step to left side
7-8 Right sway/step to center, left sway/step together

Optional: hands rolling (no fists!) At waist level (above belly button!), close to body, let shoulders shift naturally. Prep for arms to right side in next set

HULA CHASSES: SIDE, TOGETHER, SIDE, TOUCH. REPEAT. DO SOFT HIP ROLLS

1-2 Right heel angled to left/right toe step to side, swinging left heel to left and swiveling right foot to right push off with left slide/step together to right (right & left feet together, angled left, weight left)
3-4 Repeat count 1 ending with a left toe touch next to right instep on ct 4, facing LOD (weight right)
5-8 Repeat to left counts 1-4

Optional: hands and arms flexing out-in-out-in, at waist level, side right for counts 1-4, side left out-in-out-in for counts 5-8. Prep for arms over head in next set.

HAWAIIAN GREETING: RIGHT, DROP, LEFT, DROP, REPEAT

1-4 Right sway/step to side, lift up left hip/left toe pushes up, drop weight to left, lift up right hip/right toe pushes up
5-8 Repeat counts 1-4

Optional: arms above head, shoulder width apart, with palms turned inward, wave from left to right on 1-2, then right to left on 3-4. Repeat for 5-8. Prepare for netting by extending right arm forward and to the left and left arm back in next set

HAULING NETS: BACK, LOCK, BACK, HOLD. REPEAT. BODY FACES LOD

1-2 Right step back diagonal right (body slightly facing left), left drag/step across right
3-4 Right step back diagonal right, hold
5-8 Repeat to left counts 33-36 . (4th time thru start Aloha here.)

Optional: stretch forward with right hand/left hand back (both softly fisted) on left side, draw in to left side as in "left over right, hand over hand" pulling a rope. Repeat. Prepare for canoeing with fists together at left hip in next set

CANOEING: FORWARD, LOCK, FORWARD, HOLD. REPEAT. BODY FACES LOD

1-4 Right step diagonal forward, left lock behind, right step diagonal forward, hold
5-8 Repeat to left counts 41-44. (3rd time thru restart with around the world.)

Optional: right & left hand and arm movements. Fists together and gripped, right above left. Extend outward and upward to the right, starting paddle stroke for counts 1-2. Then, draw back crossing to right hip on counts

3-4. Reversing, to left for counts 5-8. Prepare for hand rolls at waist in next set

SECTION B

SWIVEL & HULA: TOE (FORWARD), SWIVEL (½), HULA RIGHT-LEFT-RIGHT, OUT, OUT, IN, IN

1-2-3&4 Right toe step forward, swivel turn ½ to left with weight forward on left, right-left-right in place. (think pivot turn with hips added for cts 1-2, cha-cha-cha with hips for cts 3 & 4)

5-6-7-8 Left small sway/step to left side, right small sway/step to right side, left sway/step to center, right small sway/step together

Optional: hands rolling (no fists!) Waist level (above the belly button!), close to body, let shoulders shift naturally. Prepare hands for "fish" in next set

SWIVEL & HULA

1-8 Reversing footwork repeat previous 8 counts

HIPS & FISH: SIDE, SLIDE, LIFT, RELEASE, SIDE, SLIDE, LIFT, RELEASE

1-4 Right step to side, slide left toe to right instep/pushing right hip to right, keeping weight right/raise left hip pushing up with left toe, release hip and step down on left. (think "Rumba Maria" hips.)

5-8 Left step to side, slide right toe to left instep/pushing left hip to left, keeping weight left/raise right hip pushing up with right toe, release hip and step down on right

Optional: on counts 1-8 use a fish swimming motion with palms together, fingers forward (no sharks, thumbs flat), move hands at waist level with a side to side rocking motion. Let the shoulders move naturally

HIPS & FISH: ½, SLIDE, LIFT, RELEASE, SIDE, SLIDE, LIFT, RELEASE. DO USE HIPS

1-4 Right step ½ turn to right, left toe drag up to right instep/pushing right hip to right, keeping weight right/raise left hip pushing up with left toe, release hip and step down on left

5-8 Repeat counts 1-4

Optional: on counts 1-8 use a fish swimming motion with palms together, fingers forward (no sharks, thumbs flat!), move hands forward from waist with a side to side rocking motion. Let the shoulders move naturally. Prepare for hands on hips for next set.

THE ALOHA

This is where the tempo changes and the words tell you when to move. You already know it, as it is a restart of the first 12 counts of Section A, and then 4 counts of Hawaiian greeting, but slowly and smoothly, please.

"1 PADDLE"

1-4 Right large sway/step forward, pivot ¼ left with weight on left (think flexed knees, use them!)

Optional: hands on hips assisting hip rolls

"2. PADDLE"

1-4 Repeat paddle turn

"3. PADDLE"

1-4 Repeat paddle turn

PAUSE

1-4 Repeat paddle turn (dance thru pause "count"), completing full turn turn by word "4"

"FOUR, TO, TAKE, ME"

1-4 Right step in place bending knee down, left step in place bending knees down, right step in place/straighten knee slightly, left step in place/fully straighten knees

Arms up here. (description same as Hawaiian greeting.)

"HOOOO"

1-4 Right sway/step to side, lift up left hip/left toe pushes up. Drop weight to left, lift up right hip/right toe pushes up

"OME" (POSE)

5 **LADY:** Crossed arms, left over right at shoulders, with palms flat, and head bowed

MAN: Fold arms in "strongman" pose, chest height, hands on biceps, with chin lifted.
