

Fan Jaa (Reloaded)

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Improver
編舞者: Chen Kuo-Wei (SG)
音樂: Fan Jaa - Thongchai McIntyre



Sequence: AAAA, B, AA, B, AAA, BACB, AAAA

Dedicated to the "Harley Angels" LineDancers - Alice, Diana, Ivy, Juliana & Molly

Start after 128 counts in which you will hear "Fan Jaa" 4 times, during which, relax, do free style dancing to the techno intro music, have fun! Weight on left foot

PART A

CROSS HITCHES, SLAP KNEES, SKIP BACK, CLAPS (32 COUNTS)

- 1-2 Cross hitch right knee and slap with left hand, replace right foot
3-4 Cross hitch left knee and slap with right hand, replace left foot
5-8 Skip backwards on left leg and right toe, while slapping both butts/hips with your hands
(altogether 4 times, body slightly inclined forward. Replace hand action with claps if you have sore butts/hips! And walk backwards if you have knee problems!)

FORWARD SHUFFLES, SKIP BACK, CLAPS

- 1&2 Forward shuffle, right, left, right
3&4 Forward shuffle, left, right, left
5-8 Repeat counts 5-8 above (finish with weight on left foot)

HEEL BOUNCES & TRAVERSE TO LEFT ½ TURN & BACK

- 1-4 Step forward on right, begin 4 heel bounces towards the left, legs remain roughly in same position while you "rotate" on the ball of your feet, your body should be inclined forward on the first 2 counts, and end up looking upwards and back on the last 2 counts! Arms: hands turned inside out, fingers facing each other, both thumbs pointing to stomach, apply the "pushing down" motion as you "bounce" over 4 counts (ending facing oblique to back wall by count 4)
5-8 Repeat the above with a "mirror" image, ending with your weight on right (facing front wall)

ELBOW PUNCHES TO LEFT AND RIGHT

- 1-4 Take a large step to left diagonal on left foot (weight on left) left hand raised across the face, elbow high. "punch" your elbow to the left 4 times in tandem! Body inclined to same direction. Action!
5-8 Do a "mirror" image of counts 1-4 with weight on your right. Action!

PART B

HIP ROCKS TO LEFT & RIGHT, WITH HAND MOVEMENTS

- 1-32 Rock left hip to your left & right over 32 counts. When left leg is straight, right knee should be "popped" & vice versa. Arms: at the same time bring left index finger to lips (as in silence sign) push it away to your left diagonal (as though telling a child no!). Do mirror images with right hand. Altogether 7 times in tandem with the song "kee toot, baby! Kee toot talala! Each "hand" action goes with 4 counts.(totaling 28 counts). For last 4 counts, bring down both hands near your hips, palms open and move them in tandem with the hip rocks. For attitude, say "aaahhhh!"

PART C

HAND "DRAWING" MOVEMENTS

1-32

Please adopt a "kung-fu" crouching stance, feet apart. With both hands open thumbs together, push-drag in slow motion from bottom right to top left. As you reach the top, transfer weight and continue to "push", this time from bottom left to the top right. Effectively you will be drawing a "fallen figure 8"(4 times) to an "audience" with your hands! Please do not slow down the 32 counts, the hand action is slow but the count maintains the music tempo

ENDING

When the music ends after completing the right elbow punch, please step forward with left foot and make a sweep with both hands open and together towards the front wall....like a "tai-chi" movement?
