

Choco Dance

COPPERKNOB
BY STEPHEN

拍數: 0 牆數: 1 級數: Intermediate contra dance
編舞者: Patricia Soran (AUT)
音樂: Chocolate (Choco Choco) - Soul Control



Sequence: E, ABCD, ABCD, EEEEE, BCD, C to the end
Start after 40 Counts on "un, dos" with Part E

PART E (BREAK)

STEP DIAGONALLY RIGHT, HOLD, STEP DIAGONALLY LEFT, HOLD, STEP DIAGONALLY RIGHT & LEFT, TOUCH RIGHT & SNAP, HOLD

- 1-2 Small step right side (feet shoulder width apart) with 1/8 turn right (1:30), hold
- 3-4 Step left in place with ¼ turn left (10:30), hold
- 5-6 Step right in place with ¼ turn right (1:30), step left in place with ¼ turn left (10:30)
- 7-8 Turn 1/8 turn right (12:00) on left, snap right fingers and touch right toe near left, hold

For the long break, you will be doing the break 5 times. On the first 4 times, turn ¼ each to complete a full turn. On the 5th time, don't turn. Continue facing 12:00

PART A

STEP FORWARD RIGHT, ½ TURN RIGHT & STEP BACK LEFT, TRIPLE STEP RIGHT BACK, ½ TURN LEFT & STEP BACK RIGHT, ROCK BACK LEFT

- 1-2 Step right forward, ½ turn right on right and step back left
- 3&4 Small step right back, left to right, small step right back
- 5-6 Step on left, ½ turn left on left and step back right
- 7-8 Step left behind right, replace on right

STEP LEFT SIDE, ROCK BACK RIGHT, TRIPLE STEP RIGHT SIDE, FULL TURN RIGHT

- 1-2-3 Small step left side, step right behind left, replace on left
- 4&5 Small step right side, step left to right, small step right side
- 6-7-8 Full turn right on right ball (6-7), put left near right (weight left)

STEP FORWARD RIGHT, ½ TURN RIGHT & STEP BACK LEFT, TRIPLE STEP RIGHT BACK, ½ TURN LEFT & STEP BACK RIGHT, ROCK BACK LEFT

- 1-8 Repeat counts 1-8

STEP LEFT SIDE, ROCK BACK RIGHT, TRIPLE STEP RIGHT SIDE, FULL TURN RIGHT

- 1-8 Repeat counts 9-16

PART B

SHIMMY DOWN & UP, TOUCH & 2X CLAP, SHIMMY DOWN & UP, STEP RIGHT & 2X SLAP

- 1&2 Touch right ball forward, knees down, knees up (weight left) shake shoulders three times
- 3-4 Touch right toe near left, hold. Clap two times
- 5&6 Repeat counts 1-2
- 7-8 Small step right side and lift left heel, hold. Slap on your right back two times

STEP LEFT SIDE, ROCK BACK RIGHT, TRIPLE STEP RIGHT SIDE, FULL TURN RIGHT

- 1-8 Repeat Part A, counts 9-16

SHIMMY DOWN & UP, TOUCH & 2X CLAP, SHIMMY DOWN & UP, STEP RIGHT & 2X SLAP

- 1-8 Repeat 1-8

STEP LEFT SIDE, ROCK BACK RIGHT, TRIPLE STEP RIGHT SIDE, FULL TURN RIGHT

- 1-8 Repeat Part A, counts 9-16

PART C

TRIPLE STEP FORWARD RIGHT & LEFT, ½ TURN LEFT WITH RONDE, TOUCH RIGHT

1&2 Small step right forward, left to right, small step right forward

3&4 Small step left forward, right to left, small step left forward

Option 1-4: triple step right and left with two ½ turns left

5-8 ½ turn left on left and draw a half-circle with right toe on soil (5-7), touch right toe near left (8)

Dancers have now changed lines

RIGHT PALMS TOGETHER, TRIPLE STEP RIGHT & LEFT & STEP RIGHT-LEFT-RIGHT-LEFT WITH FULL TURN RIGHT

1&2 (Put right palm on palm of the dancer to your right) ¼ turn right around partner with step right, left to right, step right

3&4 ¼ turn right around partner with step left, right to left, step left

5-8 ½ turn right around partner with step right, left, right, left

LEFT PALMS TOGETHER, TRIPLE STEP RIGHT & LEFT & STEP RIGHT-LEFT-RIGHT-LEFT WITH FULL TURN LEFT

1&2 (Put left palm on palm of the dancer to your left) ¼ turn left around partner with step right, left to right, step right

3&4 ¼ turn left around partner with step right, left to right, step right

5-8 ½ turn left around partner with step right, left, right, left

2X HIP BUMP RIGHT & 2X HIP BUMP LEFT WITH ARMS, REPEAT

1-2 Small step right (feet shoulder width apart) and swing right hip two times to the right

Bring right arm at shoulder height straight in front of body (palm down)

3-4 Lower right arm, lift left arm and swing left hip two times to the left

5-6 Repeat counts 1-2

7-8 Repeat counts 3-4 (weight left)

PART D

TRIPLE STEP FORWARD RIGHT & LEFT, ½ TURN LEFT WITH RONDE, TOUCH RIGHT

1-8 Repeat Part C counts 1-8

Dancers now again in starting position

STEP RIGHT FORWARD, HOLD, ½ TURN RIGHT & LEFT BACK, HOLD, RIGHT TOUCH DIAGONALLY FORWARD, STEP RIGHT, TOUCH LEFT, STEP LEFT

1-4 Step right forward, hold, ½ turn right on right and step back left, hold

5-6 Touch right toe diagonally forward to the right and lean upper body back, step on right and lean forward

7-8 Touch left toe behind right and lean forward, step on left and bring up upper body

STEP RIGHT FORWARD, HOLD, ½ TURN RIGHT & LEFT BACK, HOLD, RIGHT TOUCH DIAGONALLY FORWARD, STEP RIGHT, TOUCH LEFT, STEP LEFT

1-8 Repeat counts 9-16

2X HIP BUMP RIGHT & 2X HIP BUMP LEFT WITH ARMS, REPEAT

1-8 Repeat Part C counts 25-32
