

Choco-Choco

COPPER KNOB
BY STEPHEN HETS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Carole Daugherty (USA)
音樂: Chocolate (Choco Choco) - Soul Control



Sequence: ABCD, DBCD, DEAC, Ds until the end. Begin after 40 counts with lyrics Un, Dos, Un, Dos, Tres

PART A

TOE PRESSES WITH KNEE ROLLS: SLOW RIGHT, LEFT, FAST: RIGHT, LEFT, SLOW RIGHT

- 1-4 Traveling slightly forward: press right toes into floor, set right heel down rolling right knee out, press left toes into floor, set left heel down rolling left knee out
- 5-6 Step right rolling right knee, step left rolling left knee
- 7-8 Press right toes into floor, roll right knee out keeping weight left

Arm movement option: count lyric numbers on fingers, or count along out loud

PART B

ZIG-ZAG WITH ARMS: FORWARD RIGHT, TOUCH LEFT, ROLL, BACK LEFT, TOUCH RIGHT, TOE SPLITS

- 1-2-3&4 Step right foot to right forward diagonal, touch left toes next to right, bend slightly forward and wind both fists in front of chest while rolling hips (3&4)
- 5-6-7&8 Step left foot back to left diagonal, touch right heel next to left, split both toes out, center toes of both feet, weight left, while moving palms out to sides, then bring arms in

½ TURN RIGHT, HOLD, ½ TURN RIGHT, HOLD, STEP BACK RIGHT, LEFT, STEP FORWARD RIGHT, LEFT

- 1-2-3-4 Step forward on right turning ½ right, hold, step back on left turning ½ right, hold,
- 5-6-7-8 Step back with right, step left together, step forward with right, step left together

The next 16 counts almost identically repeat the above 16 counts, but altered slightly with lyrics ZIG-ZAG WITH ARMS: FORWARD RIGHT, TOUCH LEFT, BOUNCES, BACK LEFT, TOUCH RIGHT, BOUNCES

- 1-2-3&4 Step right foot to right forward diagonal, touch left toes next to right, bounce both heels while making "give me" gesture with hands (3&4)
- 5-6-7&8 Step left foot back to left diagonal, touch right toes next to left, bounce both heels while making "muscle man" gesture with arms (7&8)

½ TURN RIGHT, HOLD, ½ TURN RIGHT, HOLD, STEP BACK RIGHT, LEFT, STEP FORWARD RIGHT, LEFT

- 1-2-3-4 Step forward on right turning ½ right, hold, step back on left turning ½ right, hold
- 5-6-7-8 Step back with right, step left together, step forward with right, step left together

PART C

MODIFIED ¼ LEFT TURNING RHUMBA BOX WITH CLAPS & SLAPS: REPEATED 3 TIMES

- 1-4 Step right foot to right side, step left foot next to right, step back on right foot, touch left toes next to right foot
- 5-8 Step left foot to left side, step right foot next to left, step left foot forward ¼ turn left, touch right toes next to left foot
- 9-32 Repeat ¼ left turning rhumba box pattern 3 more times. All 4 box patterns turn a full turn left

Arm movement option: with lyrics, clap both hands (3,4) slap or brush both thighs with matching hand, back then forward (7,8) or try clapping & slapping in different places. For example, clap above shoulders, slap forearms, etc

PART D

RIGHT SHUFFLE FORWARD, LEFT POINTS: FORWARD, BACK, SIDE, HITCH, TOUCH & BUMPS

- 1&2-3-4 Shuffle forward: right, left, right, touch left toes forward, touch left toes back

5-6-7&8 Touch left toes left, hitch left knee, touch left next to right while bumping hips right, bump hips left, bump hips right

LEFT SHUFFLE FORWARD, RIGHT POINTS: FORWARD, BACK, SIDE, HITCH, TOUCH & BUMPS

1&2-3-4 Shuffle forward: left, right, left, touch right toes forward, touch right toes back

5-6-7&8 Touch right toes right, hitch right knee, touch right toes next to left while bumping hips left, bump hips right, bump hips left

SIDE-TOGETHER, ¼ RIGHT SWIVEL - REPEATED 3 MORE TIMES

&1-2 Step right foot to right side, step together/across with left, swivel ¼ right taking weight left

&3-8 Repeat counts &1-2, three more times.

All 4 sets of the pattern turn a full turn right

SWITCH-POINT-HOLD, LEFT ½ TURN-POINT-HOLD, SMALL STEPS TRAVELING BACK WITH ARM OPTIONS

&1-2 Hop/step on ball of right foot, point left toes out left, hold

Arm movement option: cross both arms in front of body to raise out at sides

&3-4 Step left turning ½ left, point right toes right, hold

Arm movement option: cross both arms in front of body to lower out high at sides

&5 Step slightly back on ball of right, step slightly back on left foot

&6&7&8 Repeat small steps moving back: right, left, right, left, right, left

Arm movement option: lower both raised arms crossing body while traveling slightly back

Step option: when you hear "un, dos, tres", during counts 29-32 of this pattern, modify the small steps back to those used in Part A for counts (5,6,7,8) this also cues the change in patterns from D to B, and from D to E

PART E

SLOW PIVOTS WITH WAVES TO THE LEFT, WAVES TO THE RIGHT, WAVE WITH BACKSIDE

1-8 Step right foot forward, slow pivot ½ left on balls of both feet, while waving both hands forward to the left over left shoulder to take weight left (2-8)

9-16 Step right foot forward, slow pivot ½ left on balls of both feet, while waving both hands back to the right over right shoulder to take weight left (2-8)

17-24 Step forward on right foot, bend forward to slowly unwind ½ left (2-8) "wave with your pretty backside"

Arm movement: allow arms to match hip movement or place hands on hip, thighs, etc

"DO IT ALL AGAIN" REPEAT THE ABOVE 24 COUNTS, FASTER USING JUST 8 COUNTS

25-32 Step forward right, pivot ½ left with arms, step forward right, pivot ½ left with arms, bend forward to unwind ½ left (5-8)

ENDING

Omit the left ½ turn during final repetition of D pattern to finish dance facing front
