

Asap (P)

COPPER KNOB
BYEPOSTETS

拍數: 52 牆數: 0 級數: Partner
編舞者: Stephen Difatta & Janet Difatta
音樂: ASAP - Michael Christopher



Position: Begin Dance in Promenade Position (Ten Step Position)

THE RIGHT TURNS

- 1 (left) forward LOD on left foot, start smooth full turn right
- 2 (right) reverse LOD continue a smooth right turn, left hands over ladies head, release right hands.
- 3&4 Continue smooth right turn to LOD, re-grasp right hands * in front of waist (*cha-cha-cha step is done at this point of the turn)

THE LADIES TO THE LEFT TURNS

- 1-2 (right-left) step back on right, left foot forward
- 3&4 (cha-cha-cha) turn lady to the left one full turn
- 1-2 Turn lady another full turn to the left, lady will end up on left side of man in promenade position.
- 3&4 (cha-cha-cha) left, right, left in place

THE LEFT TURNS

- 1 (right) forward LOD on right foot, start smooth full turn left
- 2 (left) reverse LOD continue a smooth left turn, right hands over ladies head, release left hands.
- 3&4 (cha-cha-cha) continue a smooth left turn to LOD, re-grasp left hands in front of waist.

THE COUPLES TO THE LEFT TURNS

- 1-2 (left-right) step back on left, right foot forward
- 3&4 (cha-cha-cha)
Men - $\frac{3}{4}$ turn to the right facing inside LOD
Ladies - $\frac{1}{4}$ turn to the left facing inside LOD
Hands - left hands go over heads, right hands stay down, both hands ending on ladies shoulders.

THE HIP BUMPS

- 1-4 With both hands on ladies shoulders do two hip bumps right, two hip bumps left

THE ARM SLIDE

- 1 Man steps right on LOD and pivots $\frac{1}{4}$ turn right,
Lady pivots $\frac{1}{4}$ turn left, in place while both raise hands high above heads on LOD.
- 2 Slide out together while hands meet above head. Smoothly change hands without releasing partner's hand. Both man and lady bring their right hands behind their neck.
- 3&4 (cha-cha-cha) slide left hands down each other arms

MORE TURNS

- 1 (left) left foot forward
- 2 (right) right foot forward, turn lady to the left
- 3&4 Continue turning lady until she is on right side of man in a promenade position

THE BASIC FORWARD CHA-CHA STEP

- 1-2 Right foot forward, left foot forward

3&4 (cha-cha-cha) right, left, right

THE RIGHT & LEFT CHENADES

1 (left) forward LOD on left foot, right hands up, both start right spin under right hands

2 (right) forward LOD on right foot, finish spin

3&4 (cha-cha-cha) forward LOD, keep right hands up and joined

1 (right) forward LOD on right foot, both start left spin under right hands

2 (left) forward LOD on left foot, finish spin

3&4 (cha-cha-cha) forward LOD, keep right hands up

THE CATHEDRAL

1 Lady crosses in front on left, right $\frac{1}{2}$ spin while man steps right behind on left foot

2 Both reach left hand for others waist, right hands in arch (cathedral) lady reverse LOD

3&4 Cha-cha-cha $\frac{1}{2}$ turn to left in the arch formation, lady in LOD

1 Both step & face center of dance on right foot, grasping left hands

2 Left hands over man's head, man steps forward LOD on left foot, lady begins left turn

3&4 (cha-cha-cha) lady finishes full left turn, both end up facing LOD.

REPEAT
