

Abba (Laura Laffs)

COPPERKNOB
BY STEPHEN BRETTS

拍數: 0 牆數: 0 級數:
編舞者: William Sevone (UK)
音樂: Waterloo - ABBA



Position: Dance starts with feet slightly apart, both lines facing same direction (side by side)
Sequence: Line A starts the dance with PART A while Line B starts the dance with PART B. After 48 counts, you will have switched to the opposite line, so you do the opposite part. Line A becomes Line B and dances Part B, and vice versa. Hence, the title of the dance; ABBA.
Specially commissioned to celebrate the 10th birthday of Laura Hull of Manchester, England

PART A

WALK FORWARD, HOLD WITH HEAD TURN, WALK BACKWARD, TOUCH TOGETHER

- 1-4 Walk forward: right, left, right, touch left foot next to right
5 Hold, (turn head to the right)
6-9 Walk backwards: left, right, left, touch right foot next to left

10-11 With ¼ turn right - step right foot to side, step left foot next to right
12-13 (Funky chicken) split heels - at same time (with hands at tummy level) bend elbows forward, repeat
14 With a ¼ turn left - step back onto left foot

3X HITCH 'N' SCOOT

- 15 Hitch right knee & scoot forward on left foot
16 Scoot forward on right foot & hitch left knee
17 Scoot forward on left foot & hitch right knee

Style note: on the above 3 counts both hands are joined behind back

- 18&19 With a 1/8 turn left - right shuffle forward
20&21 With a 1/8 turn left - left shuffle forward
22&23 With a 1/8 turn left - right shuffle forward
24&25 With a 1/8 turn left - left shuffle forward
26-28 Walk forward - right, left, with a ¼ turn left cross right foot over left
29 Step left foot next to right
30-31 Raise hands to head height, move hands forward, (palms now touching partner's)

32-33 Move left arm to 9:00 position, return to place
34-35 Move right arm to 3:00 position, return to place
36-37 Slap left hand against partner's right, slap right hand against partner's left
38 Bunny hop both feet ¼ turn right
39-40 Swing hips to left - bumping your partner, repeat
41-42 Bunny hop both feet ¼ turn left, repeat
43-44 Swing hips to right - bumping your partner, repeat
45 Bunny hop both feet ¼ turn right
46-47 Raise hands to head height, push hands forward, (palms now touching 'partners')
48 Pushing hands away - step back onto right foot, with a ¼ turn right

You should now be facing the opposite wall. Line A has now become Line B and vice versa. Hence the title "ABBA". Continue the dance to the full 96 counts. The second part of the dance is a line reversal of the first part.

The turning shuffles within counts 18 to 25 and 66 to 73 are very tight you need to end up around an arms length away from your contra 'partner'

PART B

WALK FORWARD, HOLD WITH HEAD TURN, WALK BACKWARD, TOUCH TOGETHER

- 1-4 Walk forward: left, right, left, touch right foot next to left
5 Hold, (turn head to the left)
6-9 Walk backward: right, left, right, touch left foot next to right

10-11 With ¼ turn left - step left foot to side, step right foot next to left
12-13 (Funky chicken) split heels - at same time (with hands at tummy level) bend elbows forward, repeat
14 With a ¼ turn right - step back onto right foot

3X HITCH 'N' SCOOT

- 15 Hitch left knee & scoot forward on right foot
16 Scoot forward on left foot & hitch right knee
17 Scoot forward on right foot & hitch left knee

18&19 With a 1/8 turn right - left shuffle forward
20&21 With a 1/8 turn right - right shuffle forward
22&23 With a 1/8 turn right - left shuffle forward
24&25 With a 1/8 turn right - right shuffle forward
26-28 Walk forward - left, right, with a ¼ turn right, cross left foot over right
29 Step right foot next left
30-31 Raise hands to head height, move hands forward, (palms now touching partner's)

32-33 Move right arm to 3:00 position, return to place
34-35 Move left arm to 9:00 position, return to place
36-37 Slap right hand against partner's left, slap left hand against partner's right
38 Bunny hop both feet ¼ turn left
39-40 Swing hips to right - bumping your partner, repeat
41-42 Bunny hop both feet ¼ turn right, repeat
43-44 Swing hips to left - bumping your partner, repeat
45 Bunny hop both feet ¼ turn left
46-47 Raise hands to head height, push hands forward, (palms now touching partner's)
48 Pushing hands away - step back onto left foot, with a ¼ turn left
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