

Opa Opa

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Lynne Martino (USA) - February 2008
音樂: Opa Opa - Despina Vandi



Sequence of dance: AB Tag BB Tag BABB, After drums, when melody begins, count in 24 cts and start Part A

PART A

(1-8) WEAVE, STEP, KICK

1-8 Cross L over R, step R to right side, step L behind R, step R to right side, cross L over R, step R to right side, step on L, kick R on an angle left

(9-16) WEAVE, STEP, KICK

1-8 Cross R over L, step L to left side, step R behind L, step L to left side, cross R over L, step L to left side, step on R, kick L on an angle right

(17-24) REPEAT COUNTS 1-8

(25-32) CROSS, STEP, CROSS, KICK, CROSS, STEP, CROSS ,HOLD

1-4 Cross R over L, step on L, cross R over L, kick L
5-8 Cross L over R, step on R, cross L over R , Hold

PART B

(1-8) MAMBOS, STEP FORWARD, ½ TURN , ½ TURN, SHUFFLE BACK

1 & 2 Rock forward on R, recover on L, step R next to L
3 & 4 Rock forward on L, recover on R, step L next to R
5 , 6 Step forward on R,, make a ½ turn left stepping forward on L
7 & 8 Making another ½ turn left, shuffle back R,L,R

(9-16) ROCK BACK, RECOVER, STEP OUT OUT, STEP, ROCK FORWARD, RECOVER, COASTER STEP

1 ,2 Rock back on L, recover R
& 3 , 4 Step out to the left side with L and out to the right side with R, step on L
5, 6 Rock forward on R, recover L
7 & 8 Step back on R, step L next to R, step forward on R

(17-24) STEP TOGETHER, SIDE SHUFFLE, CROSS ROCK, ¼ TURN SHUFFLE FORWARD

1, 2 Step L to left side, step R next to L
3 &4 Step L to left side, step R next to L, step L to left side
5, 6 Cross rock R over L, recover on L
7 & 8 Making a ¼ turn right, shuffle forward R,L,R

(25-32) POINT SIDE, CROSS, STEP, STEP, POINT SIDE, CROSS,STEP, STEP

1-4 Point L to left side, cross L over R, step back on R, step L next to R
5-8 Point R to R side, cross R over L, step back on L, step R next to L

(33-40) TOE, HEEL, BALL CROSS, STEP ,TOE, HEEL, BALL CROSS,STEP

1, 2 Point L toe in towards R instep, touch L heel in towards right instep
& 3,4 Step on ball of L, cross R over L, step on L
5, 6 Point R toe in towards left instep, touch R heel in towards left instep
& 7,8 Step on ball of R, cross L over R, step on R

(41-48) ROCK BACK, RECOVER, ¼ TURN, SHUFFLE FORWARD , ROCK BACK, RECOVER, TRIPLE STEP

- 1, 2 Rock L behind R, recover R
- 3 & 4 Making a ¼ turn right, shuffle forward L,R,L
- 5, 6 Rock R behind L, recover L
- 7 & 8 Triple step R,L,R in place

(49-54) REPEAT COUNTS 33-40

(55-64) ROCK BACK, RECOVER , ¼ TURN, SHUFFLE FORWARD, ROCK BACK, RECOVER, STEP, HOLD

- 1, 2 Rock L behind R, recover R
- 3 & 4 Making a ¼ turn right shuffle forward L,R,L
- 5, 6 Rock R behind L, recover L
- 7, 8 Step on R next to L, Hold, keeping weight on R

***TAG: *Tag comes at the END of the 1st and 3rd walls**

(1-8) BALL STEP, ¼ TURN HIP BUMPS (FULL CIRCLE)

- & 1 ,2 Step forward on ball of L , step forward on R, recover weight on L while making a ¼ turn left bump out R hip
- 3, 4 Step forward on R, make a ¼ turn left while bumping R hip out and recover on L
- 5, 6 Step forward on R, make a ¼ turn left while bumping R hip out and recover on L
- 7, 8 Step forward on R, make a ¼ turn left while bumping R hip out and recover on L

****You will finish on the 12 o'clock wall dancing the first 32 cts. of Part B. Then, cross left foot over the right and pose!**
