

Kung Fu Fighting '07

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Phrased Intermediate FUN Dance
編舞者: Winnie Yu (CAN) - March 2007
音樂: Kung Fu Fighting (Techno Dance Remix) - Fatboy Slim



-Intro/Count in: 16 count

-Sequence: A A B C, A A B C, Tag, A B B- (first 16 counts of B & 4 extra counts: step fwd right, pivot ½ turn left, step fwd right, pivot ½ turn left, weight on right)

***This dance is dedicated to the Carefirst 2007 Young at Heart Charity Gala held in March 2007. A total of C\$10,000 was raised from the performance "Kung Fu Fighting '07" in this charity event.

PART A:-

Section 1 WALK FORWARD, KICK, WALK BACKWARD, TOGETHER, STEP

1-4 Walk forward R, L, R, kick left forward and punch forward right arm (Close fist)
5-6 Walk backward L, R,
7&8 Walk backward on left, step right beside left, step left in place

Section 2

Repeat Part A- section 1

Section 3 SIDE, HOLD, (½ TURN SIDE, HOLD) x 2, TOGETHER, STEP – arms close fist

1-2 Step right to right side, hold
(Count 1- Hand Movement (shoulder level):-bring L arm to front of chest and R arm punch out to R)
3-4 Make a ½ turn right stepping left to left side, hold (6:00)
(Count 3- Hand Movement (shoulder level):-bring R arm to front of chest and L arm punch out to L)
5-6 Make a ½ turn left stepping right to right side, hold (12:00)
(Count 5- Hand Movement (shoulder level):-bring L arm to front of chest and R arm punch out to R)
7-8 Step left beside right, step right in place
(Repeat hand movement of count 3 & 5)

Section 4 SIDE, HOLD, (½ TURN SIDE, HOLD) x 2, TOGETHER, STEP – arms close fist

1-2 Step left to left side, hold
(Count 1- Hand Movement (shoulder level):-bring R arm to front of chest and L arm punch out to L)
3-4 Make a ½ turn left stepping right to right side, hold (6:00)
(Count 3-Hand Movement (shoulder level):-bring L arm to front of chest and R arm punch out to R)
5-6 Make a ½ turn right stepping left to left side, hold (12:00)
(Count 5-Hand Movement (shoulder level):-bring R arm to front of chest and L arm punch out to L)
7-8 Step right beside left, step left in place
(Repeat hand movement of count 3 & 5)

PART B:-

Section 1 VINE RIGHT, CROSS, KICK, BEHIND, SIDE, CROSS

1-2 Step right to right side, step left behind right
3-4 Step right to right side, cross left over right
5-6 Kick right out to right side, step right behind left
7-8 Step left to left side, cross right over left

Section 2 VINE LEFT, CROSS, KICK, BEHIND, SIDE, CROSS

1-2 Step left to left side, step right behind left
3-4 Step left to left side, cross right over left
5-6 Kick left out to left side, step left behind right
7-8 Step right to right side, cross left over right

Section 3 (ROLLING VINE, CLAP) x 2

- 1-2 Make a ½ turn right stepping right to right side, make a ½ turn left stepping left to left side
3-4 Step right to right, touch left beside right and clap hands
5-6 Make a ½ turn right stepping left to left side, make a ½ turn left stepping right to right side
7-8 Step left to left side, touch right beside left and clap hands

Section 4 (KICK, ½ TURN FLICK, SHUFFLE FORWARD) x 2

- 1-2 Kick right forward, make a ½ turn left and flick right foot back (6:00)
3-4 Step forward on right, step left beside right, step right forward
5-6 Kick left forward, make a ½ turn right and flick left foot back (12:00)
7-8 Step forward on left, step right beside left, step left forward

PART C:-**Section 1 (HEEL, TOE, HEEL, STEP) x 2**

- 1-2 Dig right heel forward, touch right toe back
3-4 Dig right heel forward, step right beside left
5-6 Dig left heel forward, touch left toe back
7-8 Dig left heel forward, step left beside left

Section 2 (HEEL, TOE) x2, TOUCH x 4

- 1-2 Dig right heel forward twice
3-4 Touch right toe back twice
5-6 Touch right toe forward, touch right toe to right side
7-8 Touch right toe back, touch right toe to right side

Section 3 (STEP, KICK) x 4 (moving forward) – arms punch up & down with CLOSE fist

- 1 Step forward on right -- both arms cross in front of chest
2 Kick left out to left side -- both arms up – V shape
3 Step forward on left -- both arms cross in front of chest
4 Kick right out to right side -- both arms down and punch out
5-6 Repeat 1-2
7-8 Repeat 3-4

Section 4 (SAILOR STEP) x 4 (moving backward)

- 1&2 Step back on right, step back on left, step right to right side
3&4 Step back on left, step back on right, step left to left side
5&6 Step back on right, step back on left, step right to right side
7&8 Step back on left, step back on right, step left to left side

TAG (36 counts):-**Section 1 (SIDE, TOUCH) X 2, SIDE, BEHIND, ¼ TURN FORWARD, TOGETHER**

- 1-2 Step right to right side, touch left out diagonal left
3-4 Step left to left side, touch right diagonal right
5-6 Step right to right side, step left behind right
7-8 Make a ¼ turn right stepping forward on right, step left beside right (3:00)

Section 2 Repeat Section 1 (6:00)**Section 3 Repeat Section 1 (9:00)****Section 4 Repeat Section 1 (12:00)****Section 5 (FORWARD, ½ TURN) x 2**

- 1-2 Step forward on right, pivot ½ turn left
3-4 Step forward on right, pivot ½ turn left (12:00)

HAVE FUN AND ENJOY!

