

Dance Dance Dance

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 0 級數: Phrased Improver
編舞者: Taro Takayama (JP) - April 2008
音樂: Dance, Dance, Dance - Arabesque



Sequence: ABB, Tag 1, Bridge 1, AB, B(1-24), Tag 2, Bridge 2, BBB

This dance uses many classic aerobic dance moves

PART A

LUNGE RIGHT, HOLD, RECOVER, TOGETHER, LUNGE LEFT, HOLD, RECOVER, TOGETHER

1-4 Lunge right to right side, hold, recover to left, step together right
Spread right arm to the right and left arm to the front at the same time on counts 1&2, pull both arms back to the front on counts 3&4
5-8 Lunge left to left side, hold, recover to right, step together left
Spread left arm to the left and right arm to the front at the same time on counts 5&6, pull both arms back to the front on counts 7&8

SKATE RIGHT, HOLD, SKATE LEFT, HOLD, WALK BACK X 4

1-8 Skate diagonally forward on right, hold, skate diagonally forward on left, hold, walk back right, left, right, left

SWAY RIGHT, LEFT, TOGETHER, HOLD, SWAY LEFT, RIGHT, TOGETHER, HOLD

1-8 Sway right, sway left, step together right, hold (weight on right) sway left, sway right, step together left, hold (weight on left)

STOMP, HOLD, STOMP, HOLD, HIP ROLL

1-4 Stomp right to the side, hold, stomp left to the side, hold
5-8 Roll hips to the right for 4 counts ending with weight on left

V STEP, SPREAD ARMS WHILE TAKING A DEEP BREATH

1-4 Big step diagonally forward right, big step side left, step back right, step left next to right
Spread right arm out to the side diagonally on count 1, spread left arm out to the side diagonally on count 2, bring right arm to center on count 3, bring left arm to center count 4
5-8 While taking a deep breath bring both arms straight up, spread them out, then down

MUSCLE POSE, SPREAD ARMS WHILE TAKING A DEEP BREATH

1-4 Bring both arms out at shoulders making fists into a "muscle man" pose and lower and raise your arms and legs down, up, down, up in time to the music
5-8 While taking a deep breath bring both arms out in front of chest, spread them apart, then down

Please feel free to add your own original moves to this "warming-up part"

TURN, HOLD, TURN, HOLD, CIRCLE AROUND

1-4 Turn $\frac{1}{4}$ right stepping forward right, hold, turn $\frac{1}{4}$ right stepping side left
5-8 Walk right, left, right, left in a $\frac{1}{2}$ circle (like making a u-turn) back to face the front wall

PART B

WALK FORWARD 3, HITCH, WALK BACK 3, TOUCH

1-4 Walk forward right, left, right, hitch left knee while raising right fist
5-8 Walk back left, right, left, touch right next to left while bringing both fists to your waist

SIDE, STEP, SIDE, TOUCH TWICE

1-4 Step side right, step left next to right, step side right, touch left next to right
5-8 Step side left, step right next to left, step side left, touch right next to left

STEP, KICK TWICE, STEP, HITCH TWICE

1-4 Step side right, kick left across right, step side left, kick right across left
5-8 Step side right, hitch left while twisting at the waist to the right and touching right elbow to left knee, step side left, hitch right while twisting at the waist to the left and touching left elbow to right knee

VINE RIGHT, TOUCH, ROLLING VINE LEFT, TOUCH

1-4 Step side right, step left behind right, step side right, touch left beside right
5-8 Turn $\frac{1}{4}$ left stepping forward left, turn $\frac{1}{2}$ left stepping RIGHT BACK, turn $\frac{1}{4}$ left stepping side left, touch right next to left

TAG 1

STEP, TOUCH, BACK, TOUCH

1-4 Step forward right, touch left next to right, step back left, touch right next to left

BRIDGE 1

STEP, TOUCH TWICE, BACK, TOUCH TWICE

1-8 Step forward right, touch left to side, step forward left, touch right to side, step back right, touch left to side, step back left, touch right to side

STEP, STEP, CLAP TWICE, SQUAT, RECOVER, STEP, HOLD

1-4 Step forward right, step together left, clap, clap
5-8 Step side right into a squat position, recover onto left, step together right, hold (shift weight to left)

TAG 2

MARCHING IN PLACE

1-4 March in place right, left, right, left

BRIDGE 2

STEP, TOUCH TWICE, BACK, TOUCH TWICE

1-8 Step forward right, touch left to side, step forward left, touch right to side, step back right, touch left to side, step back left, touch right to side

STEP, STEP, CLAP TWICE, SQUAT, RECOVER, STEP, HOLD

1-4 Step forward right, step together left, clap, clap
5-8 Step side right into a squat position, recover onto left, step together right, hold (shift weight to left)

STEP, TOUCH TWICE, BACK, TOUCH TWICE

1-8 Step forward right, touch left to side, step forward left, touch right to side, step back right, touch left to side, step back left, touch right to side

KICK, KICK, CROSS, HOLD, TWICE

1-8 Kick right diagonally right twice, cross right over left, hold, kick left diagonally left twice, cross left over right, hold

TOE, HEEL, TOE, HEEL, CROSSING SHUFFLE, CLAP TWICE

1-4 Touch right toe in, touch right heel out, touch right toe in, touch right heel out
5&6 Cross right over left, step side left, cross right over left
7-8 Clap, clap

BACK BOX, TOUCH

1-4

Step back left, step side right, step forward left, touch right next to left
