

Indy's Zumba

COPPER KNOB
STEPSHEETS

拍數: 52 牆數: 4 級數: Phrased Intermediate
編舞者: Arne Stakkestad (BEL) & Shauni Stakkestad (BEL) - July 2009
音樂: (Don't) Wake Me Up - Indy Lee : (CD: Show Them to Me)



Intro: 8 counts (bass) Sequence: A,A,A(chorus),B,A,A(chorus), B,A(20)

Part A

(1-8) Side, together, side, together, tripple stomp, rocking chair, together, heel swivels

1&2& RF to right side, LF beside RF, RF to right side, LF beside RF,
3&4 RF stomp beside LF, LF stomp beside RF, RF stomp beside LF
5&6& LF rock forward, recover on RF, LF rock backwards, recover on RF
7&8 LF beside RF, swivel heels left, swivel heels right with ¼ turn left (9H, weight on RF)

(9-16) Shuffle ½ left, full turn, walk

1&2 ¼ left, LF to left side, RF beside LF, ¼ left, LF forward (3h)
3-4 ½ left, RF backwards, ½ left, LF forward
5-8 step forward RF, LF, RF, LF (add some attitude)

(17-24) "Indy steps", touch forw, together, ½ left touch forw, together

&1&2 jump on LF and hitch right knee, RF beside LF, jump on RF and hitch Lknee, LF beside RF
&3&4 jump on LF and hitch right knee, RF beside LF, jump on RF and hitch Lknee, LF beside RF
5-6 RF sweep to touch forward, RF beside LF
7-8 ½ left and LF sweep to touch forward, LF beside RF (9h)

(25-32) ½ left touch forw, together, side mambo steps

1-2 RF sweep to touch forward, RF beside LF
3-4 ½ left and LF sweep to touch forward, LF beside RF (3h)
5&6 RF rock to right side, recover on LF, RF beside LF
7&8 LF rock to left side, recover on RF, LF beside RF

Part B (after the 3th and 5th wall(chorus))

(1-6) Pivots, step forw, stomp

1-2 RF forward, ½ left weight on LF (click fingers)
3-4 RF forward, ½ left weight on LF (click fingers)
5-6 RF forward, stomp LF beside RF (weight on LF)

(7-12) Side stomps, hip roll

1-2 RF stomp to right side (RHand on right thigh), LF stomp to left side (LHand on left thigh)
3-6 hip roll contra clockwise, 4 counts, from Left to Right to Left (end with weight on LF)

(13-20) 4 shuffles forw, with bumps

1&2 RF forward (hips right), LF beside RF (hips left), RF forward (hips right)
3&4 LF forward (hips left), RF beside LF (hips right), LF forward (hips left)
5&6 RF forward (hips right), LF beside RF (hips left), RF forward (hips right)
7&8 LF forward (hips left), RF beside LF (hips right), LF forward (hips left)