

Pearly Medley

COPPER KNOB
STEPSHEETS

拍數: 184 牆數: 1 級數: Phrased Beginner
編舞者: Roly Ansano (USA) - September 2010
音樂: Pearly Shells & Tiny Bubbles (Remix)



Seq: H-AB-CB-ABB-CB-F

Intro: 16 counts from first rhythmic beat, on vocals

ANNOTATION: Step patterns

HBR (HULA BASIC RIGHT)

1-4 Step R side, step L together, step R side, touch L together

HBL (HULA BASIC LEFT)

1-4 Step L side, step R together, step L side, touch R together

HHT (HULA HALF TURN)

1-4 Same as HBR but turning 1/2 right

THE DANCE

Part H - HEADER (24)

Hands on hips

1-4 Touch R heel to right diagonal, hold, step R together, hold

5-8 Touch L heel to left diagonal, hold, step L together, hold

9-16 Touch R toe forward-back-forward-back; HBR

17-24 Touch L toe forward-back-forward-back; HBL

Part A - PEARLY SHELLS (64)

HULA BASIC - SHELLS/OCEAN

1-4 HBR. Push hands to left, palms down; then turn palms up

5-8 HBL. Push hands to right, palms down; then turn palms up

9-12 HHT. Pump hands down alternately right-left-right left

13-16 HBL. Pump hands down alternately right-left-right-left

HULA BASIC - SUN/ShORE

1-4 HBR. Push hands outward from chest and sweep to sides

5-8 HBL. Raise hands overhead to right, palms together

9-12 HHT. Sweep hands across each other

13-16 HBL Sweep hands to sides

HULA BASIC - SEE/LOVE

1-4 HBR. Hold hands at sides of eyes, palms out; pinch fingers twice

5-8 HBL. Hold hands at sides of eyes, palms out; pinch fingers twice

9-12 HBR. Cross arms in front of chest; touch right fingers to lips

13-16 HBL. Cross arms in front of chest; sweep right hand to side, palm up

STEP AND CROSS ROCK (4X)

1-4 Step R side, hold, cross L over, recover to R

5-8 Step L side, hold, cross R over, recover to L

9-16 Repeat steps 1-8

Part B - BRIDGE (32)

HIP BUMPS

Hands together overhead, palms facing out

1-2 Step R diagonally forward and bump hips twice

3-4 Step L diagonally forward and bump hips twice

- 5-6 Step R diagonally forward and bump hips twice
7-8 Step L forward, pivot 1/2 right
9-16 Repeat steps 1-8 leading with opposite foot

TOE TOUCHES

Hands on hips

- 1-8 Touch R toe forward-back-forward-back; HBR
9-16 Touch L toe forward-back-forward-back; HBL

Part C - TINY BUBBLES (64)

HULA BASIC - BUBBLES/WINE

- 1-4 HBR. Left arm over midriff, pinch right fingers overhead, then at side
5-8 HBL. Right arm over midriff, pinch left fingers overhead, then at side
9-12 HHT. With palms facing, trace circles in opposite rotation across chest
13-16 HBL. With palms facing, trace circles in opposite rotation across chest

HULA BASIC - HAPPY/FINE

- 1-4 HBR. Hold hands at sides of cheeks, palms facing in
5-8 HBL. Hands by cheeks, turn palms out
9-12 HHT. Cross arms in front of chest, elbows up
13-16 HBL. Cross arms in front of chest, elbows up

HULA BASIC - BUBBLES/WARM

- 1-8 HBR; HBL. Repeat styling for BUBBLES above
9-12 HBR. With right hand, wipe off imaginary dust atop extended left arm
13-16 HBL. With left hand, wipe off imaginary dust atop extended right arm

STEP AND CROSS ROCK (4X)

- 1-4 Step R side, hold, cross L over, recover to R
5-8 Step L side, hold, cross R over, recover to L
9-16 Repeat steps 1-8

Part F - FINISH

Hold hands end to end across mouth, palms facing in.

Push arms forward, palms up; sweep hands to sides

Fold arms across chest.

Push arms forward, palms down and side by side; bend head down

Last Update – 19th April 2016
