

La Copa

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Beginner
編舞者: Ingrid Kan (TW) - November 2010
音樂: Wavin' Flag - K'naan : (Copa Mundial de Sudáfrica 2010)



Alt. music: Waving Flag by David Bisbal & K Naan

Start with Vocal. - A:32count B:32count
Sequence: A, Bx5, B(16 count), A, Bx5, B(16count), A, B, B, A

PART A -32ct

(1-8) Step, Flick, R-L-R-L

1-2 Step R foot to right side, L foot Flick
3-4 Step L foot, R foot Flick
5-8 (Repeat steps 1-4)

(9-16) Step Together Step Flick (R-L)

9-12 Step R foot , Step L foot next to right, Step R foot, L foot Flick
13-16 Step L foot , Step R foot next to left, Step L foot, R foot Flick

Repeat 1-16

PART B - 32ct

(1-8) Step R, Hold, Step L Together, Hold, Step R, Hold, Step L Together, Hold

1-2 Look L, upper body slightly turning L, as R hand goes to R side and bent as L hand straightens out to L side, Step foot to right side, R knee slightly bent inwards(1.), Hold(2)
3-4 Look forward, Step L foot next to right(3) , Hold(4),
5-8 Repeat steps 1-4.

(9-16) Step L, Hold, Step R Together, Hold, Step L, Hold, Step R Together, Hold

9-10 Look R, upper body slightly turning R, as L hand goes to L side and bent , as R hand straightens out to R side, Step L foot to left side, L knee slightly bent inwards(1.), Hold(2),
11-12 Look forward, Step R foot next to left(3) , Hold(4)
13-16 Repeat steps 9-12

(17-24) Out, Out, In, In, Out, Out, In, In

17-18 Step R foot diagonally forward(1), Step L foot to left side(2),.
19-20 Step R foot back(3), Step L foot next to R foot(4),
21-24 Repeat steps 17-20.

(25-32) Jazz Turn to R1/4, Shimmy Clap

25-28 Cross R over L, Recover on L, Step R to side, Step L next to R Turn to R 1/4
29-31 Stepping R, Shimmy shoulders, With feet slightly apart, Together
32 Clap

On wall 5 end (face 3:00), wall 10 end (face 6:00), add part B(16 count), Restart part A

To FINISH: The music fades off, as you face the 12:00, as you finish the Step together Step(5-7), no flick and hold that pose(8).

It's so easy, fun, you might dance as warm up before your dancing class, enjoy it!
Ingrid Kan in Taipei

