

Djingis Khan (Taerobic version)

COPPER **NOB**
BY STEPHEN BRETZ

拍數: 64 牆數: 2 級數: Improver
編舞者: Louise Elfvengren (NOR) - September 2011
音樂: Dschinghis Khan (成吉思汗) - George Lam (林子祥)



Intro: Start at vocals

SECTION 1: SIDE, BEHIND, TURN ¼ RIGHT, TURN 1/4 RIGHT, SIDE, CROSS, SIDE, HOLD

1-4 Step right to right, step left behind right, turn ¼ right stepping right forward, turn ¼ right, stepping left beside right. (6)

HOLD ARMS CLOSE TO WAIST LIKE YOU ARE RIDING HORSE

5-8 Step right to right side, cross left in front of right, step right to right side, hold.

SECTION 2: WALK TRAVELLING FORWARD

1-4 Step left forward, hold, step right fw, hold,

USE ARMS AS SWORDS, START WITH RIGHT count 1, 3, 5 and 7

5-8 Step left forward, hold, step right fw, hold,

SECTION 3: SIDE, BEHIND, TURN ¼ LEFT, TURN 1/4 LEFT, SIDE, CROSS, SIDE HOLD

1-4 Step left to left, step right behind left, turn ¼ left stepping left forward, turn ¼ left, stepping right beside left. (12)

HOLD ARMS CLOSE TO WAIST LIKE YOU ARE RIDING HORSE

5-8 Step left to left side, cross right in front of left, step left to left side, hold.

SECTION 4: WALKS TRAVELLING FORWARD

1-4 Step right forward, hold, step left forward. Hold

USE ARMS AS SWORDS, START WITH RIGHT, count 1, 3, 5 and 7

5-8 Step right forward, hold, step left forward. Hold

SECTION 5: WALK BACKWARDS x 3 WITH KICK, WALK FORWARDS X 3 WITH KICK

1-4 Walk back right – left – right, kick left forward

SHOOT ARROW RIGHT ARM count 4

5-8 Walk forward left – right – left, kick right out and

BOX STRAIGHT FW WITH RIGHT ARM

SECTION 6: VINE RIGHT WITH “JUCK” – VINE LEFT ¼ LEFT, HOLD

1-4 Step right to right, step left behind right, step right to right, push stomach forward and arms back

5-8 Step left to left, step right behind left, turn ¼ left step down on left, hold. (9)

SECTION 7: STEP TURN STEP ½ LEFT HOLD, STEP TURN STEP ½ RIGHT, HOLD.

1-4 Step right forward, turn ½ left stepping left forward, step right forward, hold. (3) arms close to waist full section

5-8 Step left forward, turn ½ right stepping right forward, step left forward, hold. (9)

SECTION 8: ROCKING CHAIR, STEP FORWARD, TURN ¼ LEFT, BRUSH RIGHT FOOT FORWARD AND BACK

1-4 Rock right forward, recover onto left, rock right back, step down on left. arms close to waist full section

5-8 Step right forward, turn ¼ left stepping down on left, brush right foot forward and back. (6)