

Hi-A-Ma Cha

COPPER KNOB
BY STEPHEN METZ

拍數: 48

牆數: 2

級數: Intermediate (latin – cha cha with some salsa style)



編舞者: Rachael McEnaney (USA) - December 2011

音樂: Hi-A-Ma (feat. Mirian Makeba & Jungle Brothers) - Milk & Sugar

(Music available on itunes, amazon and all major mp3 websites)

The version I used was from an album called Bravo Hits Vol 74 but the version on itunes has same phrasing.

Count In: 16 counts from start of track. Approx 125 bpm

Notes: There is 1 tag at the end of wall 4 you will be facing the front – you have 4 counts to shake whatever you want , butt, shoulders or do 4 hip bumps L-R-L-R

[1 – 9] Side L, rock back R, R shuffle, step L, ¼ turn R, L cross rock side.

- 1, 2, 3 Step left to left side (1), rock back on right (2), recover weight onto left (3) 12.00
- 4 & 5 Step forward on right (4), step left next to right (&), step forward on right (5) 12.00
- 6 - 7 Step forward on left (6), pivot ¼ turn right (7) 3.00
- 8 & 1 Cross rock left over right (8), step recover weight onto right (&), step left to left side (1) 3.00

[10 – 17] Triple in-in-out (RLR), triple in-in-out (LRL) with hip L, hip bumps R, L, R sailor step with ¼ turn R

- 2 & 3 Step right next to left (2), step left in place (next to right) (&), step right to right side (3) 3.00
- 4 & 5 Step left next to right (4), step right in place (next to left) (&), step left to left side as you bump or sway hips to left (5) 3.00
- 6 - 7 Bump (sway) hips to right taking weight right (6), bump (sway) hips to left taking weight left (7) 3.00
- 8 & 1 Cross right behind left (8), make ¼ turn right stepping left next to right (&), step forward on right (1) 6.00

[18 – 25] Walk L, walk R, L shuffle, point R fwd, ¼ turn L flicking R foot back, R diagonal shuffle

- 2 - 3 Step forward on left (2), step forward on right (3) 6.00
- 4 & 5 Step forward on left (4), step right next to left (&), step forward on left (5) 6.00
- 6 - 7 Touch right toe forward (6), make ¼ turn left as you flick right foot up behind you (7) 3.00
- 8 & 1 Step right foot forward toward left diagonal (8), step left next to right (&), step right foot forward toward left diagonal (1) 1.30

[26 – 32] Point L side, flick L foot back, L diagonal shuffle, R side rock, close R.

- 2 - 3 Touch left toe to left side (2), flick left foot up behind you angling body to right diagonal (3) 4.30
- 4 & 5 Step left foot forward toward right diagonal (4), step right next to left (&), step left foot forward toward right diagonal (5) 4.30
- 6, 7, 8 Square up to 3.00 wall as you rock right to right side (6), recover weight onto left (7), step right next to left (strong step down) (8) 3.00

[33 – 40] L side mambo, R side mambo, L fwd mambo, R rock back

- 1 & 2 Rock left to left side (1) recover weight onto right (&), step left next to right (2) 3.00
- 3 & 4 Rock right to right side (3), recover weight onto left (&), step right next to left (4) 3.00
- 5 & 6 Rock forward on left (5), recover weight onto right (&), step left next to right (6) 3.00
- 7 - 8 Rock back on right (7), recover weight onto left (8) 3.00

[41 – 48] Step R, ¼ pivot L, step R, ¼ pivot L, ¼ turn L stepping side R, rock back L, L chasse to start again

- 1, 2, 3, 4 Step forward on right (1), pivot ¼ turn left (2), step forward on right (3), pivot ¼ turn left (4) (hip circles as you turn or see styling below) 9.00
- 5, 6, 7 Make ¼ turn left stepping right to right side (5), rock back on left (6), recover weight onto right (7) 6.00

8 & Step left to left side (8), step right next to left (&)

(This is the end – the last step of chasse left is the start of the dance) 6.00

Styling: Option to style the pivots more counts 1 - 4 – as you step forward on right circle hips counter clockwise – continue hip circle and instead of just recovering weight to left at end of pivot cross left foot slightly over right as you turn (continue with hip circle) repeat.

TAG: 4th wall starts facing back – at end of 4th wall you will be facing front

1, 2, 3, 4 You have a 4 count tag with options: either just hold for 4 counts (boring), you could shake your butt or shoulders for 4 counts, or bump hips left, right, left right.

Just make sure that at the end of 4 counts weight is on the right foot so you can start again with left. 12.00
