

Zumba!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver - zumba line
編舞者: Mathias Pflug (DE) - February 2012
音樂: Zumba He Zumba Ha (feat. Soldat Jahman & Luis Guisao) - DJ Mam's



Intro: Start on main vocals!

Rock Forward, Recover, Side Rock, Recover, 1/2 Turn Sailor Shuffle, Shuffle Forward

1-2-3-4 Step R forward, Recover on L, Step R to R, Recover on L
5&6 1/4 turn right & cross R behind L, Step L beside R, 1/4 turn right & step R to R
7&8 Step L forward, Step R beside L, Step L forward (6.00)

Optional arm movements for count:

1 Push both arms/palms forward
3 Push R arm/palm to right & Push L arm/palms to left
7&8 Push both arms/palms forward, Take both arms/palms a little back, Push both arms/palms forward

Restart the dance here on wall 4, 8 and 12!

Diagonal Rocking Chair, Chassé, Back Rock, Recover

1-2-3-4 Step R diagonally right forward, Recover on L, Step R diagonally left back, Recover on L
5&6 Step R to R, Step L beside R, Step R to R
7-8 Step L back, Recover on R (6.00)

Chassé, 1/4 Turn Back Rock, Recover, (Shuffle Forward) R+L

1&2 Step L to L, Step R beside L, Step L to L
3-4 1/4 turn right & step R back, Recover on L
5&6 Step R forward, Step L beside R, Step R forward
7&8 Step L forward, Step R beside L, Step L forward (9.00)

Optional arm movements for count:

5 Push both arms up
7 Push both arms up

(Rolling Vine + Touch/Clap) R+L

1-2 1/4 turn right & step R to R, 1/4 turn right & step L forward
3-4 1/2 turn right & step R back, Touch L beside R & Clap
5-6 1/4 turn left & step L to L, 1/4 turn left & step R forward
7-8 1/2 turn left & step L back, Touch R beside L & Clap

Repeat & Enjoy!
