

Zumba He Zumba Ha

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Intermediate
編舞者: Lane Lee (MY) - March 2012
音樂: Zumba He Zumba Ha (feat. Soldat Jahman & Luis Guisao) - DJ Mam's



Intro: 16 counts - Sequence: ABB Tag, ABB Tag, AAB Tag, AA

Part A – 32 counts

Section 1: Diagonal Right Out, Diagonal Left Out, Step Back Right, Left

1-2 Step forward R diagonal to R, Step forward L diagonal to L
3-4 Step R back, Step L beside R
5-8 Repeat (1-4)

Section 2: Jazz Box 1/2 Turn Right

1-4 Step R forward, Stepping L back 1/4 turn R, Step R to R, Cross L over R
5-8 Repeat (1-4) (6.00)

Section 3: Repeat Section 1

Section 4: Repeat Section 2 (12.00)

Part B – 32 counts

Section 1: Right Botafogo, Left Botafogo, 1/2 Turn Left, Right Shuffle

1a2 Cross R over L, Step Ball of L to L side, Recover on R
3a4 Cross L over R, Step Ball of R to R side, Recover on L
5-6 Step R forward, 1/2 turn L (End weight on L)
7a8 Step R forward, Step L next to R, Step R forward (6.00)

Section 2: Left Botafogo, Right Botafogo, 1/2 Turn Right, Left Shuffle

1a2 Cross L over R, Step ball of R to R side, Recover on L
3a4 Cross R over L, Step ball of L to L side, Recover on R
5-6 Step L forward, 1/2 turn R (End weight on R)
7a8 Step L forward, Step R next to L, Step L forward (12.00)

Section 3: 1/4 Turn Right, Hip Bump, 1/2 Turn Left, Twist

1-2 Step R forward, 1/4 turn R, Touch L beside R (3.00)
3&4 Hip bump R, L, R
5-6 Step L forward, 1/2 turn L, Step R beside L (9.00)
7&8 Twist R, L, R (Weight on L)

Section 4: Jazz Box 1/4 Turn Right, Right Mamba, Left Mambo

1-4 Step R forward, Step L back 1/4 turn R, Step R to R, Cross L over R
5&6 Rock forward R, Recover on L, Step back on R
7&8 Rock backward L, Recover on R, Step forward on L (12.00)

Tag: 2x Full Turn Volta Right, Left

1a2a3a4 Full turn R, Crossing R over L, Step ball of L behind R, Repeat till facing front wall
5a6a7a8 Full turn L, Crossing L over R, Step ball of R behind L, Repeat till facing front Wall (12.00)

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