

Roly Poly With Felicia

COPPER KNOB
STEPSHEETS

拍數: 128 牆數: 0
編舞者: Felicia Teh (MY) - August 2011
音樂: Roly-Poly - T-ara



Start dance after 16 counts - Sequence: Intro 16 / CABCTag 1 / ABCTag 2 / BA(32 counts)CTag1 Pose.

INTRO (16 COUNTS)

(1) Cross Touches , Swivel From Left To Front

1,2,3,4 Cross L over R , Touch R to R , Cross R over L , Touch L to L
&5&6&7&8 Swivel L heel out , in , out , in , out , in , out, in (From side to front)

(2) Cross Touches , Together Step & Hip Sways R , L , R , L

1,2,3,4 Cross L behind R , Touch R to R , Cross R behind L , Touch L to L.
5,6,7,8 Step L next to R with hip sway R, Step R next to L with hip sway L, : Step L next to R with hip sway R, Step R next to L with hip sway L.

PART C (32 COUNTS)

(1) Step R To R With Hip Sway , Hitch L And Slap

1 R to R with hip sway to R (Place L hand straight at chest level with palm facing downwards, swing R hand above R shoulder with palm facing upwards)
2 Sway hip to L (Swing R hand in a circular mode to the front and above L hand with palm facing upwards)
3 Sway hip to R (Swing R hand in a circular mode and place beside R shoulder with palm facing downwards)
4 Sway hip to L (Swing R hand in a circular mode to the front and below L hand with palm facing upwards)
5 Sway hip to R (Swing R hand in a circular mode and place beside R shoulder with palm facing downwards)
6 Sway hip to L (Swing R hand in a circular mode to the front and above L hand with palm facing upwards)
7 Sway hip to R (Swing R hand in a circular mode and place beside R shoulder with palm facing downwards)
8 Hitch L (Place L hand on L waist and slap R hand on to L foot)

(2) Step L To L With Hip Sway , Sway R , Recover L And Hitch R , Step R To R With Hip Sway , Sway L , Sit On R , Hip Bumps

1 Step L to L and sway to L (Point R index finger diagonally upwards to R)
2 Sway R (Place R hand on R waist , point L index finger diagonally upwards to L)
3 Recover L hitch R (Slap L hand onto R foot)
4 Step R to R and sway to R (Point L index finger diagonally upwards to L)
5 Sway L (Place L hand on L waist , point R index finger diagonally upwards to R)
6 Sit on R (Place R hand on R waist , Point L index finger to L side)
7,8 Push hip upwards to L , push hip downwards to R (sit)

(3) Step L To L With Hips Sway , Hitch R And Slap

1 L to L with hip sway to L (Place R hand straight at chest level with palm facing downwards , swing L hand above L shoulder with palm facing downwards)
2 Sway hip to R (Swing L hand in a circular mode to the front and above R hand with palm facing upwards)
3 Sway hip to L (Swing L hand in a circular mode and place beside L shoulder with palm facing downwards)

- 4 Sway hip to R (Swing L hand in a circular mode to the front and below R hand with palm facing upwards)
- 5 Sway hip to L (Swing L hand in a circular mode and place beside L shoulder with palm facing downwards)
- 6 Sway hip to R (Swing L hand in a circular mode to the front and above R hand with palm facing upwards)
- 7 Sway hip to L (Swing L hand in a circular mode and place beside L shoulder with palm facing downwards)
- 8 Hitch R (Place R hand on L waist and slap L hand on to R foot)

(4) Step R To R With Hip Sway , Sway L , Recover R And Hitch L , Step L To L With Hip Sway , Sway R , Sit ON L , Hip Bumps

- 1 Step R to R and sway to R (Point L index finger diagonally upwards to L)
- 2 Sway L (Place L hand on L waist , point R index finger diagonally upwards to R)
- 3 Recover R hitch L (Slap R hand onto L foot)
- 4 Step L to L and sway to L (Point R index finger diagonally upwards to R)
- 5 Sway R (Place R hand on R waist , point L index finger diagonally upwards to L)
- 6 Sit on L (Place L hand on L waist , Point R index finger to R side)
- 7,8 Push hip upwards to R , push hip downwards to L (sit)

PART A (64 COUNTS)

(1) Grapevine R , Touch , Grapevine L , 1/4 Left Turn , Touch

- 1,2,3,4 – Step R to right, cross L behind right, step R to right, touch L next to right.
- 5,6,7,8 – Step L to left, cross R behind left, 1/4 left touch R next to left.(9:00)

(2) Rolling Vine R , Touch , Clap , 1/4 Left Rolling Vine

- 1,2,3,4 – 1/4 turn right step R forward, 1/2 right step L back, 1/4 turn right step R to right side, touch L toe to left.(clap hands).(9:00)
- 5,6,7,8 – 1/4 turn left step L forward, 1/2 turn left step back on R, 1/4 turn left step L to left side, 1/4 turn left step forward on R.(6:00)

(3) Jazz Box , 1/4 Left Turn Jazz Box

- 1,2,3,4 – Cross L over right, step R to back right, step L to left side, cross R over left.
- 5,6,7,8 – Cross L over right, 1/4 L turn step R to back right , step L to left side, step R next to left. (3:00)

(4) L Gallop X4 , R Gallop X3 , 1/4 Left Turn

- 1&2&3&4 – Both feet together, hop to L 4 times.
- 5&6&7,8 – Both feet together, hop to R 3 times, Step forward L 1/4 turn. (12:00)

(5) Forward R , Hitch , Step Back , Forward R , Hitch , 1/4 Turn

- 1,2,3,4 – Step R forward, hitch L, touch L back, pushing hip back.(sit)
- 5,6,7,8 – Step R forward, hitch L, touch L back, 1/4 left turn step L to left side R to right side. (weight on L). (9:00)

(6) Out , Out , In , In , paddle 1/4 Left turn , swivel

- 1,2,3,4 – Step R out, step L out, step R back, step L beside right.
- 5,6,7,8 – Step R forward 1/4 left turn, step R beside L, swivel both heel out, out together. (6:00)

(7) Forward R , Hitch , Step Back , Forward R , Hitch , 1/4 Turn

- 1,2,3, 4 – Step R forward, hitch L, touch L back, pushing hip back.(sit)
- 5,6,7,8 – Step R forward, hitch L, touch L back, 1/4 left turn step L to left side R to right side. (weight on L).(3:00)

(8) Out , out , in , in , touch back , 1/4 Left turn , body roll.

- 1,2,3,4 – Step R out, step L out, step R back, touch L back.

5&6,7&8 – 1/4 left turn step L with body roll, step R beside L, touch L, step L with body roll, step R beside L, step L to left. (12:00)

PART B (32 COUNTS)

(1) Step R L , Step R L R , Forward Mambo , 1/4 Turn Left Mambo

1,2,3&4 Step R, Step L, step R,L,R, (shoulder pop R L R L R)
5&6 Rock L forward, Recover onto R, step L back.
7&8 1/4 L turn by stepping R to R, recover on L, step R next L.(9:00)

(2) Forward Mambo , R Mambo , L Mambo , 1/4 Pivot Turn Left

1&2 Rock L forward, Recover onto R, step L back.
3&4 Rock R to right, Recover onto L, step R beside L.
5&6 Rock L to left, Recover onto R, step L beside R.
7,8 Step R forward, 1/4 pivot turn left .(6:00)

(3)&(4) Repeat (1)(3:00) & (2)(12:00)

TAG 1 (4 COUNTS)

(1) Finger Points

After end of Part C, Points R index upwards in 4 counts.

(Ending do Tag 1 + Push Hip to right, Point L Upwards Pose)

TAG (2) (32 COUNTS)

(1) Finger Points

1&2 – Roll Hand down to R hip, Point L index finger diagonally upwards to L. (place R hand on R waist)
3&4 – Roll Hand down to R hip, Point L index finger diagonally upwards to L. (place R hand on R waist)
5,6 – Point R index finger to diagonally upwards to R. (place L hand on L waist), Point R index finger downwards to L hip. (place L hand on L waist).
7,8 – Point R index finger to diagonally upwards to R. (place L hand on L waist), Point R index finger downwards to L hip. (place L hand on L waist).

(2) Finger Points

1&2 – Roll Hand down to L hip, Point R index finger diagonally upwards to R. (place L hand on L waist)
3&4 – Roll Hand down to L hip, Point R index finger diagonally upwards to R. (place L hand on L waist)
5,6 – Point L index finger to diagonally upwards to L. (place R hand on R waist), Point L index finger downwards to R hip. (place R hand on R waist).
7,8 – Point L index finger to diagonally upwards to L. (place R hand on R waist), Point L index finger downwards to R hip. (place R hand on R waist).

(3) Forward Touch , Side , Cross Behind , Step Together , Cross Front

1,2,3&4 – Touch R forward, Touch R to right, Cross R behind L, L step together R, R cross over L.
5,6,7&8 – Touch L forward, Touch L to left , Cross L behind R, R step together L, L cross over R.

(4) Out , Out , In , In

1,2,3,4 – Step R Out ,hold , Step L out, hold
5,6,7,8 – Step R In ,hold , Step L in, hold (step together)

HAPPY DANCING
