

Liberian Girl

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate - Rumba
編舞者: Linda McCormack (UK) - November 2012
音樂: Liberian Girl - Michael Jackson : (Album: Bad)



Count in: Start dance after female vocals, 'Naku Penda Piya-Naku Taka Piya-Mpenziwe.' □
Rotates - ACW

[1-9] □ Gather, rock back, recover, R through and step forward; L forward turning 1/8th; ½ turn back on R, step back on L.

- 1,2 Collect R foot together with L (1); rock back on R (sitting back into the right hip)(2);
3, 4&5 Recover weight back onto L (3); bring RF through past LF and step forward (sitting forward into the right hip) (4&5);
6, 7 Turning 1/8th to the R diagonal (1.30) step forward on the L (6); Turn a half turn over L shoulder stepping back on the RF (to 6.30, back L diagonal) (7);
8&1 Staying on the diagonal bring LF back through past RF and step back (sitting back into the hip) (8&1);

[10- 17] □ R Together, L forward, R through and forward, L forward ½ turn pivot, step ½ turn pivot step (feet shoulder width apart squaring up to 9.00)

- 2,3 Step RF together with LF (2); forward on L foot (3);
4&5 Trace RF through and past LF and step forward (sitting forward into the right hip) (4&5) (all still on the back L diagonal axis- 6.30)
6,7 Forward on LF (6); pivot ½ turn over R shoulder (1.30 wall) (7);
8&1 Forward on LF (8); pivot ½ turn over R shoulder [taking weight onto RF] (facing 6.30) (&); [squaring up to 9 o'clock] step LF to left side (feet shoulder width apart) (1);

[18-25] □ Hip rolls, ¼ L step forward, pivot ½, 1/2 stepping back on L, R sweep

- 2,3,4 &5 (making a figure of 8 with the hips) roll hips to the R (2); roll to the L (3); roll to the R (sitting into the R hip on this last one) (4&5);
6,7 ¼ turn R stepping forward on the LF [12 o'clock wall] (6); pivot ½ turn [over R shoulder, 6 o'clock wall, weight forward on the R] (7);
8, 1 ½ turn back on the LF [facing 12 o'clock] (8); sweep the RF around (1);

[26- 32] Cross behind, side, cross; R side pivot ¼ turn, ½ turn back (9 o'clock wall) gather R foot with L (to start again.)

- 2, 3, 4&5 Continuing the sweep cross RF behind L (2); step LF to L side (3); cross RF over L (sitting forward and into the right hip, on the cross) (4&5);
6,7 Step LF to L side (6); pivot ¼ turn to the R (facing 3 o'clock and taking the weight on the RF) (7);
8,1 ½ turn stepping back on the LF (8); (gather RF together next to L on (1) to restart the dance.)

Last Update - 7th May 2014