

Her Name Was Lola

COPPER KNOB
BY STEPHEN

拍數: 102 牆數: 2 級數: Phrased Intermediate
編舞者: M. Vasquez (UK) - September 2013
音樂: Copacabana - Barry Manilow



Tags and Restarts: 3 Tags and 1 Restart (All tags and Section B occur on the front wall, facing 12 O'clock)

Intro: Dance begins on the word 'Lola'

Dance Sequence: Wall 1 (Section A), Wall 2 (Section A and Tag), Wall 3 (Section A), Wall 4 (Section A, Tag, followed by Section B), Wall 5 Section A, Wall 6 (Section A and Tag), Wall 7 at the end of the four paddle turns restart dance

Section A

Rodeo Kicks, R Sailor Step, Rodeo Kicks, L Sailor Step

1-2 Kick R foot forward, Kick R foot to the side
3&4 Cross R foot behind L, Step L foot to L side, Step R to place
5-6 Kick L foot forward, Kick L foot to the side
7&8 Cross L foot behind R, step R foot to R side, Step L to place

Heel Digs, Side-Behind- ¼ Turn L, Step, Rock and Recover, L Coaster Step

9-10 Touch R heel diagonally forward twice
11&12 Cross R foot behind L, Turn ¼ L stepping L foot forward, Step R foot forward
13-14 Rock forward on L foot, Recover back on R foot
15&16 Step L foot back, Step R foot next to L, Step L foot forward

V-Step Forward, V-Step Back

17-18 Step R foot diagonally forward right. Step L foot to L side.
19-20 Step R foot back to centre. Step L foot beside R.
21-22 Step R foot diagonally backward R. Step L foot to L side.
23-24 Step R foot back to centre. Step L foot beside R.

Rock and Recover, Triple Step, Rock and Recover, Triple Step

25-26 Rock R foot to R side. Recover onto L foot.
27&28 Triple right-left-right on the spot
29-30 Rock L foot to L side. Recover onto R foot
31&32 Triple left-right-left on spot

Paddle Turns

33-34 Touch R toe forward, turn ¼ L and roll hips in anti-clockwise direction
35-36 Touch R toe forward, turn ¼ L and roll hips in anti-clockwise direction
37-38 Touch R toe forward, turn ¼ L and roll hips in anti-clockwise direction
39-40 Touch R toe forward, turn ¼ L and roll hips in anti-clockwise direction

Vine R and Shimmy, Side-Behind- ¼ Turn L, Touch

41-42 Step R to R side, Cross L behind R
43-44 Step R to R side, Touch L toe next to R
45-46 Step L foot to L side, Cross R behind L, turn ¼ L and touch R toe next to L (shimmy as you go)

Section B

1-8 Vine R and Shimmy and Vine L and Shimmy
9-16 Vine R and Shimmy and Vine L and Shimmy

17-20 Step R forward on the diagonal, Step L next to R, Step R forward on the diagonal, Touch L next to R
21-24 Step L forward on the diagonal, Step R next to L, Step L forward on the diagonal, Touch R next to L
25-28 Step R backwards on the diagonal, Step L next to R, Step R backwards on the diagonal, Touch L next to R
29-32 Step L backwards on the diagonal, Step R next to L, Step L backwards on the diagonal, Touch R next to L
33-40 Vine R and Shimmy and Vine L and Shimmy
41-48 V-Step Forward, V-Step Backward
49-56 V-Step Forward, V-Step backward

Tag: See sequence

1-8 V-Step Forward, V-Step Backward

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