

Z Dance 974

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 2 級數: Newcomer - Contra
編舞者: David Linger (FR) - December 2012
音樂: Z Dance - Collectif Métissé : (Single)



Updated translation by the choreographer – September, 2013, 21th - No Tag, No Restart

Position The odd columns facing 6:00, the even columns facing 12:00.
Column 1 dances with column 2, column 3 with 4, etc.. The steps of the dance are the same for all the columns but you have a partner on your right side and will always dance in his (her) company. Good Luck !!!
Specially choreographed for the Club « 3 Mares Danse » - (Reunion Island 974)

Start : 2x8 counts, letter « B » of the word : Z U M B A at 7 seconds...

3 Walks Forward with Hands Up, L Hitch, 3 Walks Backward, R Touch

1 – 3 3 walks (R-L-R) forward (stepping away from your partner)

Style : Arms up and clic fingers during each step

4 L Hitch

Style : Squeeze fists, and return them shoulder-high by bending your elbows

5 – 8 3 walks backward (L-R-L), R touch next to L (returning to your partner)

Option : 4 small jumps like Zumba Style!!!

R Vine, L Touch, L Step Forward, ½ Step Turn Right Twice

1 – 4 R step to right side, L step cross behind R, R step to right side, L touch next to R

Note : Columns 1 and 2, 3 and 4, etc.. cross to the opposite side (you pass in front of your partner)

Option : Rolling Vine to the left

5 – 6 L step forward, ½ turn right (weight on R)

7 – 8 L step forward, ½ turn right (weight on R)

Option : Push your body forward like Zumba Style (on counts 5 et 7)

L Side, R Together, L Side, R Touch, R Side, L Touch, L Step in Place, R Touch

1 – 2 Small L step to left side, R together

3 – 4 Small L step to left side, R touch next to L

Note : Columns 1 and 2, 3 and 4, etc.. meet each other to make a single line , you are facing your partner

5 – 6 R step to right side by bending knees, straighten legs and touch L in place

7 – 8 L step to left side by bending knees, straighten legs and touch R in place

Option : Movements of arms like Zumba Style !!!

4 Walks with ½ Turn Right, R Rocking Chair

1 – 4 4 steps by turning gradually ½ turn to the right side

Note : Take the right arm of your partner (arm in arm). The odd columns are facing 12:00, the even ones facing 6:00, you take the place of your partner.

The odd columns are now evens until the Restart of the dance, and return to their original place.

5 – 8 R step forward (rock), recover on L, R step back (rock), recover on L

Option : Jumping rocksteps like Zumba Style !!!

BE COOL, SMILE & HAVE FUN !!!

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