

# Acapella

COPPER KNOB  
STEPSHEETS

拍數: 88      牆數: 0      級數: Intermediate  
編舞者: Wendy Loh (MY) - October 2013  
音樂: Acapella - Karmin



Dance starts after 8 counts

## Section 1: Right Mambo, Forward Shuffle, Left Mambo, Side, Touch

1&2      Rock RF to side, Recover on LF, Touch RF beside LF  
3&4      Forward Shuffle RF, LF, RF  
5&6      Rock LF to side, Recover on RF, Touch LF beside RF  
7,8      Step LF to side and draw LF together, Touch LF beside RF (12:00)

## Section 2 : 1/4 R Step Touch, Left Coaster, Sway R then Left, Triple Steps

1,2      Turn 1/4 R & Step RF to side, Touch LF beside RF (3:00)  
3&4      Step LF back, Step RF together, Step LF forward  
5,6      Step RF to side & Sway hips to R Sway hip to L  
7&8      Step RF beside LF, Step LF in place, Step RF in place & Touch LF beside RF

## Section 3 : Twist RF, Close, Side, Left Sailor, 1/4 R Right Sailor

1&2      Step LF to side & on ball of RF and swivel heel in, out, in  
3,4      Step RF in place & close LF together, Step RF to side  
5&6      Step LF behind RF, Step RF together, Step LF to side  
7&8      Turn 1/4 R & Step RF behind LF, Step LF together, Step RF to side

## Section 4 : Cross, Cross, Step 1/4 Turn 2X

1-4      Cross LF over RF, Cross RF over LF, Turn 1/4 R & Step LF back, Step RF to side  
5-8      Repeat Steps 1-4

## Section 5 : Twist, Hop, Hop, Twist, Twist 2x

1      On ball of RF, swivel heel out  
&2      Jump on both feet twice  
&3&      On ball of RF, swivel heel In Out In Out  
5-&8      Repeat 1-&4

## Section 6 : Step, Together, Back, Back, Side, Step, Together, Shoulder Roll

1,2      Step RF in place, Step LF together  
3,4      Step RF back, Step LF back  
5&6      Step RF diagonally out, Step LF to side, Close RF together  
7,8      Both feet in place, Move R then L shoulder back in a circular motion

## Section 7 : Walk with knee pops, Hip bump with hands clapping

1-4      Walk 1/2 L (with knee pops) on RF, LF, RF, LF  
5&6&      Step RF to side & Clap hands twice at 1:30 (R above head), 7:30 (L hip),  
7&8&      Both feet still in place, Clap hands twice at 4:30 (R hip) then 10:30 (L above head)

## Section 8 : Run, Run, Side, R Hip Roll, 1/4 R Run, Run, Side, L Hip Roll

1&2      Step RF forward, Step LF forward, Step RF to side  
3,4      Touch RF forward & R Hip Roll anti-clockwise twice  
&5&6      Turn 1/4 R & Step RF in place, Step LF forward, Step RF forward, Step LF to side  
7,8      Touch LF forward, & L Hip Roll clock-wise twice

## Section 9: Heel Switches, Full Turn, Rock Back, Recover, Side, Hold & Pose

1&2& Touch L heel forward, Step LF back, Touch R heel forward, Step RF back  
3,4 Turn 1/2 L & Step LF forward, Turn 1/2 L & Step RF back  
5&6 Rock LF back, Recover on RF, Turn 1/4 R & Step LF to side  
7,8 Swing Upper Body anti-clockwise circle over two counts

**Section 10 : Hop Steps, Out Out In In**

1&2 Step RF to side & Touch LF beside RF, Hold  
&a3 Step LF to side & Touch RF beside LF, Hold  
&a Step RF to side & Touch LF beside RF  
4& Touch LF to side, Touch LF beside RF  
5&6 Step LF to side & Touch RF beside LF, Hold  
&a Step RF to side & Touch LF beside RF,  
7& Step LF diagonally out, Step RF to side  
8& Step LF back, Touch RF beside LF

**Section 11 : Rock Recover with 1/4 Turn,**

1& Turn 1/4 L & Rock RF to side, Recover on LF  
2& Repeat Step 1&  
3& Repeat Step 1&  
4& Repeat Step 1&  
5&6 Both feet in place, Hand movements : Swing arm from out to middle, L, R, L  
7,8 Hand Movement : Lift both arms from side of hip and over head in one big swing from back to front

**Restart : After Wall 3, Dance until Section 7, Restart dance from beginning (6:00).**

**Ending : After Restart, Dance until Section 5 and Turn 1/2 L for ending pose at front wall.**

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