

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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