

Hands Up and Live Your Life

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Donna Manning (USA) - February 2014
音樂: Echa Pa'lla (Manos Pa'rriba) (English Version) - Pitbull



48 count intro - NO Tags or Restarts

Sec. 1 (1-8) Hip Bump and Step x4

1&2 Touch ball of R fwd as you bump R hip fwd, back and fwd as you take the weight with R, L arm up on the touch down on the step

3&4 Touch ball of L fwd as you bump L hip fwd, back and fwd as you take the weight with L, R arm up on the touch down on the step

5&6, 7&8 repeat 1-4 (12:00)

(Alternate 1st 8 Toe Heel Struts with Arms Overhead)

1,2,3,4 Touch ball of R, drop heel of R taking weight, Touch ball of L, drop heel of L taking weight, As you do Toe/ Heel Struts closed hands go overhead L on the toe touch and R on the heel

5,6,7,8 Repeat first 4 counts (12:00)

Sec. 2 (9-16) Side, Close, Side, Touch – Repeat

1,2,3,4 R to R side, Bring L tog. with R, R to R side, Touch L next to R- Waive arms overhead L, R, L, L

5,6,7,8 L to L side, Bring R tog. with L, L to L side, Touch R next to L- Waive arms overhead R, L, R, R

or arms in front of chest (12:00)

Sec. 3 (17-24) Rock, Recover, ¼ Turn Triple, Weave, ¼ Turn

1,2, 3&4 R fwd rock, recover to L, ¼ turn R- R to R side, L together to R, R to R side

5,6,7,8 Cross L over R, R to R side, L behind R, ¼ turn R stepping R fwd (6:00)

Sec. 4 (25-32) L Salsa basic, R Salsa touch

1,2,3,4 Push off the ball of L fwd, recover to R, Step L to center, clap

5,6,7,8 Push off the ball of the R back, recover to L, touch R next to L, clap (6:00)

HAVE FUN! Please do not alter this step sheet in any way.

If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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Contact: www.dancinfree.com