

The Parade

COPPER KNOB
STEPPERS

拍數: 0 牆數: 0 級數: Improver - Line or Circle
編舞者: Amy Christian (USA) - August 2014
音樂: Any piece of music



This dance is choreographed for dancers to be part of a parade, as the dance has you moving forward. You could do it at run/walk marathons too!
This dance can be used as a Circle dance in class. □

Music: Any piece of music. Or even without any music and using just counts!!

First set of 8 – This first set of 8 below is repeated after every other new 8.
WALK, WALK, SHUFFLE FWD, WALK, WALK, SHUFFLE FWD (I am calling this set of 8,... THE BASIC)
Followed by,.....

- (1) □ ROCKING CHAIR, STEP FWD, ½ PIVOT, STEP FWD, ½ PIVOT, THE BASIC,
- (2) □ KICKBALL CHANGE (moving fwd) X 2, STEP R OUT AND DOUBLE BUMP R, DOUBLE BUMP L, THE BASIC,
- (3) □ ROCK FWD, RECOVER, BACK SHUFFLE, ROCK BACK, RECOVER, FWD SHUFFLE, THE BASIC,
- (4) □ STEP R TO R SIDE, PIVOT ¼ L (9:00), SHUFFLE FWD, STEP L FWD, PIVOT ¼ R (12:00), SHUFFLE FWD, THE BASIC,
- (5) □ SAMBA (moving forward) X 4, (Easier option - Step Fwd, Touch Out - snapping fingers, X (4), THE BASIC,
- (6) □ PRESS R, SLIDE L BACK, PRESS L, SLIDE R BACK X 2, (This is done on the spot & so you don't move forward) THE BASIC, or Step R to R side, Touch L next to R, Step L to L side, Touch R next to L, X 2.
- (7) □ JAZZ BOX, OUT, OUT, IN, IN, THE BASIC,
- (8) □ STEP R OUT TO R SIDE & do a 1 ½ CCW HIP ROLL, weight ending on L (1-4), - TOUCH R NEXT TO L & STRIKE A POSE (L arm straight up and R arm out to right side) (5) & HOLD(FREEZE) FOR 3 COUNTS (6-8).

Begin again!!!!

Add fun arm parts where ever you can to make the dance "Pop"!

*If you need to turn around and make a ½ turn – add two ¼ Monterey Turn steps at the end of the sequence or when you need it and begin again!

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