

La Copa

Count: 64

Wand: 4

Ebene: Phrased Beginner

Choreograf/in: Ingrid Kan (TW) - November 2010

Musik: Wavin' Flag - K'naan : (Copa Mundial de Sudáfrica 2010)



Alt. music: Waving Flag by David Bisbal & K Naan

Start with Vocal. - A:32count B:32count

Sequence: A, BX5, B(16 count), A, Bx5, B(16count), A, B, B, A

PART A -32ct

(1-8)Step, Flick, R-L-R-L

- 1-2 Step R foot to right side, L foot Flick
- 3-4 Step L foot, R foot Flick
- 5-8 (Repeat steps 1-4)

(9-16)Step Together Step Flick (R-L)

- 9-12 Step R foot ,Step L foot next to right, Step R foot, L foot Flick
- 13-16 Step L foot ,Step R foot next to left, Step L foot, R foot Flick

Repeat 1-16

PART B - 32ct

(1-8) Step R, Hold, Step L Together, Hold, Step R, Hold, Step L Together, Hold

- 1-2 Look L, upper body slightly turning L, as R hand goes to R side and bent as L hand straightens out to L side, Step foot to right side, R knee slightly bent inwards(1.), Hold(2)
- 3-4 Look forward, Step L foot next to right(3) , Hold(4),
- 5-8 Repeat steps 1-4.

(9-16) Step L, Hold, Step R Together, Hold, Step L, Hold, Step R Together, Hold

- 9-10 Look R, upper body slightly turning R, as L hand goes to L side and bent , as R hand straightens out to R side, Step L foot to left side, L knee slightly bent inwards(1.), Hold(2),
- 11-12 Look forward, Step R foot next to left(3) , Hold(4)
- 13-16 Repeat steps 9-12

(17-24) Out, Out, In, In, Out, Out, In, In

- 17-18 Step R foot diagonally forward(1), Step L foot to left side(2),.
- 19-20 Step R foot back(3), Step L foot next to R foot(4),
- 21-24 Repeat steps 17-20.

(25-32) Jazz Turn to R1/4, Shimmy Clap

- 25-28 Cross R over L, Recover on L, Step R to side, Step L next to R Turn to R 1/4
- 29-31 Stepping R, Shimmy shoulders, With feet slightly apart, Together
- 32 Clap

On wall 5 end (face 3:00), wall 10 end (face 6:00), add part B(16 count), Restart part A

To FINISH: The music fades off, as you face the 12:00, as you finish the Step together Step(5-7), no flick and hold that pose(8).

It's so easy, fun, you might dance as warm up before your dancing class, enjoy it!
Ingrid Kan in Taipei

