

# Zumbawe

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Easy Novice - Zumba rhythm  
编舞者: Sebastiaan Holtland (NL) - July 2015  
音乐: Zumbawe - Emanuel : (CD: A Moda Dos Beats Afro 2015)



**Introduction: 32 counts, at the beat starts, start on vocal approx. 24 sec.**

**Sequence: 64, 48, Restart, 64, 48, Restart, 64, 24, Ending.**

**Part I. 1-8: Step, Side, Back Rock, Recover, Heel Grind ¼ R, Back Rock, Recover.**

- 1-4              Step R forward, step L to L, step R back, recover back onto L. (12:00)
- 5-6              Dig R heel forward with toe turned in, grinding R heel make 1/4 turn right stepping back on L.
- 7-8              Step R back, recover back onto L. (3:00)

**PART II. 9-16: Out (hip), Out (hip), Back, Together, 1/2 Turn Monterey R.**

- 1-4              Step R out to R (hip), step L out to L (hip), step R back, step L next to R.
- 5-8              Point R to R, pivot ½ R, step R next to L, point L to L, step next to R. (9:00)

**PART III. 17-24: Side, Hold, Sailor, Heel Switches L-R, Hold, Syncopated Hip Bumps R-L-R.**

- 1-2              Step R to R, Hold.
- 3&4              Step L behind R, step R to R, touch L heel diagonal forward.
- &5-6              Step L back in place, switch R heel diagonal forward weight onto L, Hold.
- 7&8&              Bump R hip forward, bump L hip back, bump R hip forward, hips to center.

**PART IV. 25-32: Back Rock, Recover, Out (hip), Out (hip), Back Rock, Recover, ½ Pivot L.**

- 1-4              Step R back, recover back onto L, step R out to R (hip), step L out to L (hip).
- 5-8              Step R back, recover back onto L, step R forward, pivot 1/2 Turn L onto L. (3:00)

**Part V. 33-40: ¼ L, Side, Hold, Behind, Side, Cross Rock, Recover, Side, Hold.**

- 1-4              Making ¼ turn L step R to R, hold, step L behind R, step R to R. (12:00)
- 5-8              Step L slightly across L forward, recover back onto R, step L to L, hold.

**PART VI. 41-48: Step Across Fwd, ¼ R, Back, Back, Tap, ¼ R, Dip, Point, Dip, Point with Up & Down Shoulders.**

- 1-4              Step R across forward, making ¼ turn R step L back, step R back, step tap L forward. (3:00)
- 5-8              Making ¼ turn R step L back in place dip L hip, point R to R, step R back in place and dip R hip, point L to L.

**(While you dancing the steps 45 t/m 48 move your shoulders Up & Down).**

**Two Restarts here after 48 counts at 12 o'clock. (See above sequence).**

**Note: (After 48 count is your weight onto R, it is important to change your weight to L before you do your Restart).**

**PART VII. 49-56: Side, Cross, ¼ L, Step, 1/8 L, Hitch, Cross, Side, Touch In Diagonal.**

- 1-4              Step L to L, step R across L, making ¼ turn L step L forward, making 1/8 turn L hitch R knee up (1.30)
- 5-8              Step R to R in diagonal (towards 1.30 and facing 4.30), step L across R, touch L to L.

**PART VIII. 57-64: Walk 3/8 Circle to L, Hitch, Side, Hitch, ¼ L, Step, Hitch.**

- 1-4              Walk 3/8 circle L-R-L squaring up at (9), hitch R knee up.
- 5-8              Step R to R, hitch L knee up, making ¼ turn L step L forward, hitch R knee up. (6:00)

**REPEAT DANCE AND HAVE FUN!!!**

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