

Ah Ya Albi (CBA25)

COPPER KNOB
BYEPOSTETS

拍数: 128 墙数: 2 级数: Advanced
编舞者: Marlon Ronkes (NL) & Romain Brasme (FR) - February 2025
音乐: Ah Ya Albi (Ajna (BE), Samm (BE) Edit) - Hakim



Intro: 31 Counts. Start at approx 15 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, C, C, C, C (32 Counts), B, C, C, C (32 Counts), A, C, C

Part A

Note Throughout all of Part A hands:- fingers spread with thumb and index finger tips touching

SEC 1 POINT, HOLD

8 Lift left heel pointing left toe to left

Arms Place right arm to left at waist height, place left arm to left with hand at head height elbow bent at right angle

1-7 Hold

SEC 2 POINT, HOLD

8 Drop left heel lifting right heel right pointed to right

Arms Place left arm to right at waist height, place right arm to right with hand at head height elbow bent at right angle

1-7 Hold

SEC 3 TOGETHER ARMS, HOLD

8 Step right beside left

Arms Cross both arms over body at waist height right on top of left

1-7 Hold

SEC 4 ARMS, HOLD

8 Take both hands to respective sides keeping hands at waist height

1-8 Hold

Note First time Part A is danced arms are on count 8, the second time the arms are on count 1

Part B

Note Palms are flat throughout Part B

SEC 1 ARMS, HEAD MOVEMENT

1 Palms facing up place right hand at shoulder height elbow bent in a V

2 Palms facing up place left hand at shoulder height elbow bent in a V

3-4 Raise right hand to head height, raise left hand to head height

5-6 Place hands together high above head, lower hands towards head

7&8& Push head right, push head left, push head right, return to center

SEC 2 KNEE ROLL, KNEE ROLL, POINT, TOGETHER, POINT, TOGETHER

1-2 Bend both knees roll from left to right, straighten both knees

3-4 Bend both knees roll from right to left, straighten both knees weight on right

Note Arms are still over head hands together

5-6 Point left to left, step left beside right

Arms Lower left hand to shoulder height, return hand to back above head

7-8 Point right to right, step right beside left

Arms Lower right hand to shoulder height, return hand to above head

SEC 3 BOW X4 Note Lower hands to prayer position in front of body

- 1-2 Bend from hips to left diagonal, return to standing
- 3-4 Bend from hips to right diagonal, return to standing
- 5-6 Bend from hips to left diagonal, return to standing
- 7-8 Bend from hips to right diagonal, return to standing

SEC 4 BODY CIRCLE

- 1-8 Bend from hips to right diagonal pulse round in a full circle anticlockwise

Part C

SEC 1 FULL TURN STEP SWEEP, CROSS ROCK SIDE, CROSS ROCK TOGETHER

- 1 Turn ¼ right step right forward (3:00)
- 2-3-4 Turn ¾ right sweeping left from back to front over 3 counts (12:00)
- 5&6 Cross rock left over right, recover weight on to right, step left to left
- 7&8 Cross rock right over left, recover weight on to left, step right beside left

SEC 2 SYNOCAPTED WEAVE, SIDE SHIMMY, TOGETHER

- 1-2 Cross left over right, step right to right
- 3&4 Step left behind right, step right to right, cross left over right
- 5-6-7 Step right to right shimmying shoulders over 3 counts
- 8 Step left beside right

SEC 3 ¼ STEP, LOCK, STEP, HITCH, ¼ STEP, LOCK, STEP, HITCH

- 1-2 Turn ⅛ left step right forward, lock left behind right (10:30)
- 3-4 Step right forward, hitch left
- 5-6 Turn ¼ right step left forward, lock right behind left (1:30)
- 7-8 Step left forward, hitch right

SEC 4 MODIFIED SYNCOPATED ⅛ JAZZBOX ¼ BACK, SIDE, ½ PADDLE, FLICK

- 1-2 Cross right over left, step left back
- &3-4 Step right to right, cross left over right, turn ⅛ left step right back (12:00)
- &5-6 Step left to left, turn ¼ left point right to right, turn ⅛ right point right to right (7:30)
- 7-8 Turn ⅛ right point right to right, flick right back (6:00)

Restart On the 4th and 7th time Part C is danced

SEC 5 ¼ STEP, ½ BACK, COASTER STEP, STEP, ¼ SIDE, ¼ SAILOR STEP

- 1-2 Turn ¼ left step right forward, turn ½ right step left back (9:00)
- 3&4 Step right back, step left beside right, step right forward
- 5-6 Step left forward, turn ¼ left step right to right (6:00)
- 7&8 Turn ¼ left step left behind right, step right to right, step left forward (3:00)

SEC 6 1½ TURNING PONY STEPS

- 1&2 Step right forward hitching left knee, step left beside right, step right forward hitching left knee
- 3&4 Turn ½ right step left back hitching right knee, step right beside left, step left back hitching right knee (9:00)
- 5&6 Turn ½ right step right forward hitching left knee, step left beside right, step right forward hitching left knee (3:00)
- 7&8 Turn ½ right step left back hitching right knee, step right beside left, step left back hitching right knee (9:00)

SEC 7 WALK WALK & LOCK & STEP, ½ CURVING WALK WALK & LOCK & STEP

- 1-2 Step right forward, step left forward
- &3&4 Step right forward, lock left behind right, step right forward, step left forward
- 5-6 Turn ⅛ left step right forward, turn ⅛ left step left forward (6:00)
- &7&8 Turn ¼ left step right forward, lock left behind right, step right forward, step left forward (3:00)

SEC 8 ROCKING CHAIR, STEP, ½ PIVOT, STEP, ¼ PIVOT

1-2 Rock right forward, recover weight on to left

3-4 Rock right back, recover weight on to left

5-6 Step right forward pivot ½ left transferring weight onto left (9:00)

7-8 Step right forward pivot ¼ left transferring weight onto left (6:00)

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