

Zum Zum Zum (Zoom Zoom Zoom)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: William Sevone (UK) - August 2005
音乐: Zoom Zoom Zoom - Serapis Bey : ("Only The Strong" - soundtrack)



Choreographers note:- This is the traditional style of music as used for 'Capoeira', the unique Brazilian Fight Dance.

Because of the number of restarts this dance is aimed at those Advanced Beginners who have just moved into the Intermediate Level.

Dance sequence:- 32-32-16-32-16-32-32-16-32-32

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on the vocals "Zum Zum Zum" after the break at the start of the music. Feet together, weight on the left.

2x Diag Rock-Recover-1/2 Turn Fwd Shuffle (12:00)

- 1 – 2 Rock right diagonally forward left. Recover weight to left.
- &3& 4 Turn ½ right & shuffle forward stepping: R.L-R.
- 5 – 6 Rock left diagonally forward right. Recover weight to right.
- &7& 8 Turn ½ left & shuffle forward stepping: L.R-L.

Fwd Rock. Recover. Sailor Step. Side Rock. Recover. Sailor Step (12:00)

- 9 – 10 Rock forward onto right. Recover onto left.
- 11& 12 Step right behind left, step left next to right, step right to right side.
- 13 – 14 Rock left to left side. Recover onto right.
- 15& 16 Step left behind right, step right next to left, step left to left side.

RESTART: Restart dance from count 1 on walls 3, 5 and 8

2x Walk Fwd: R-L-Touch-Turn-Step Fwd (9:00)

- 17 – 18 (short steps) Walk forward: R-L.
- 19& 20 Touch right toe forward, turn ½ right & step right next to left, step forward onto left.
- 21 – 22 (short steps) Walk forward: R-L.
- 23& 24 Touch right toe forward, turn ¼ right & step right next to left, cross left over right.

Chasse. 1/2 Rock. Recover. Cross Shuffle. Rock. Recover (3:00)

- 25& 26 Chasse right stepping: R.L-R.
- 27 – 28 Turn ½ right & rock left to left side. Return weight to right.
- 29& 30 Cross Shuffle left stepping: L.R-L.
- 31 – 32 Rock right to right side. Recover weight to left.

Optional Dance Style: Try and incorporate Capoeira movement within the dance. For example when performing Side rock-Recover lean to the right then left whilst holding (bent) arms out to either side with palms facing forward also move head to sides as well – blocking technique..

RESTARTS: There are three restarts within the dance – all after count 16 of walls 3,5 and 8.

Last Update – 26 May 2020 -R2