Opa Opa



编舞者: Lynne Martino (USA) - February 2008

音乐: Opa Opa - Despina Vandi



Sequence of dance: AB Tag BB Tag BABB, After drums, when melody begins, count in 24 cts and start Part A

PART A

(1-8) WEAVE, STEP, KICK

1-8 Cross L over R, step R to right side, step L behind R, step R to right side, cross L over R,

step R to right side, step on L, kick R on an angle left

(9-16) WEAVE, STEP, KICK

1-8 Cross R over L, step L to left side, step R behind L, step L to left side, cross R over L, step L

to left side, step on R, kick L on an angle right

(17-24) REPEAT COUNTS 1-8

(25-32) CROSS, STEP, CROSS, KICK, CROSS, STEP, CROSS, HOLD

1-4 Cross R over L, step on L, cross R over L, kick L
5-8 Cross L over R, step on R, cross L over R, Hold

PART B

(1-8) MAMBOS, STEP FORWARD, ½ TURN, ½ TURN, SHUFFLE BACK

| 1 & 2 | Rock forward on R, recover on L, step R next to L |
|-------|--|
| 3 & 4 | Rock forward on L, recover on R, step L next to R |
| 5,6 | Step forward on R,, make a ½ turn left stepping forward on L |

7 & 8 Making another ½ turn left, shuffle back R,L,R

(9-16) ROCK BACK, RECOVER, STEP OUT OUT, STEP, ROCK FORWARD, RECOVER, COASTER STEP

| 1 | 2 | Dook | haak | on I | recover F | 2 |
|----|---|------|------|-------|-----------|---|
| П. | | ROCK | Dack | OH L. | recover r | ۲ |

& 3, 4 Step out to the left side with L and out to the right side with R, step on L

5, 6 Rock forward on R, recover L

7 & 8 Step back on R, step L next to R, step forward on R

(17-24) STEP TOGETHER, SIDE SHUFFLE, CROSS ROCK, ¼ TURN SHUFFLE FORWARD

| 4 0 | 0, 1, 1, 6, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, |
|------|--|
| 1. 2 | Step L to left side, step R next to L |
| 1. 4 | OLED E LO IEIL SIGE. SLED IN HEAL LO E |

3 &4 Step L to left side, step R next to L, step L to left side

5, 6 Cross rock R over L, recover on L

7 & 8 Making a ¼ turn right, shuffle forward R,L,R

(25-32) POINT SIDE, CROSS, STEP, STEP, POINT SIDE, CROSS, STEP, STEP

1-4 Point L to left side, cross L over R, step back on R, step L next to R
5-8 Point R to R side, cross R over L, step back on L, step R next to L

(33-40) TOE, HEEL, BALL CROSS, STEP, TOE, HEEL, BALL CROSS, STEP

| 1, 2 | Point L toe in towards R instep, touch L heel in towards right instep |
|------|---|
|------|---|

& 3,4 Step on ball of L, cross R over L, step on L

5, 6 Point R toe in towards left instep, touch R heel in towards left instep

& 7,8 Step on ball of R, cross L over R, step on R

(41-48) ROCK BACK, RECOVER, $\frac{1}{4}$ TURN, SHUFFLE FORWARD , ROCK BACK, RECOVER, TRIPLE STEP

| 1, 2 | Rock L behind R, recover R |
|-------|--|
| 3 & 4 | Making a ¼ turn right, shuffle forward L,R,L |
| 5, 6 | Rock R behind L, recover L |
| 7 & 8 | Triple step R,L,R in place |

(49-54) REPEAT COUNTS 33-40

(55-64) ROCK BACK, RECOVER, 1/4 TURN, SHUFFLE FORWARD, ROCK BACK, RECOVER, STEP, HOLD

| 1, 2 | Rock L behind R, recover R |
|-------|--|
| 3 & 4 | Making a ¼ turn right shuffle forward L,R,L |
| 5, 6 | Rock R behind L, recover L |
| 7, 8 | Step on R next to L, Hold, keeping weight on R |

*TAG: *Tag comes at the END of the 1st and 3rd walls (1-8) BALL STEP. 1/4 TURN HIP BUMPS (FULL CIRCLE)

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|-----------------|---|
| & 1 ,2 | Step forward on ball of L , step forward on R, recover weight on L while making a ¼ turn left |
| | bump out R hip |
| 3, 4 | Step forward on R, make a ¼ turn left while bumping R hip out and recover on L |
| 5, 6 | Step forward on R, make a ¼ turn left while bumping R hip out and recover on L |
| 7, 8 | Step forward on R, make a ¼ turn left while bumping R hip out and recover on L |

**You will finish on the 12 o'clock wall dancing the first 32 cts. of Part B. Then, cross left foot over the right and pose!