

Rah-Rah Ooh La La

COPPER KNOB
BY STEPHEN

拍数: 80 墙数: 2 级数: Easy Intermediate
编舞者: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - March 2010
音乐: Bad Romance - Lady Gaga : (Single: Bad Romance)



Sequence: 80, 80, 80, 80, Tag 1-24, 64, 80. End: Make a ½ facing the front and strike a pose, in any fashion you like!

Start 32 counts in on the vocals (0:17)

1-8 W alk Fwd R,L,R,L, Point Fwd, Side, Cross, Unwind
1,4 Walk Fwd Rt, Lt, Rt, Lt, brushing shoulders with both hands
5,6 Point Rt Fwd, Point Rt to Rt
7,8 Cross Rt in front of Lt, Unwind a ¾ turn Lt (weight Lt) (3:00)

(9-16) Rock & Rock, Behind ¼ Turn Fwd, Walk R, L

1,2 Rock Rt to Rt, Replace weight Lt
&3,4 Step Rt next to Lt, Rock Lt to Lt, Replace weight Rt
5&6 Step Lt behind Rt, Make ¼ turn Rt stepping Rt Fwd, Step Lt Fwd (6:00)
7,8 Step Fwd Rt, Lt

(17-24) Rt Sailor, Lt Sailor, Touch Fwd, Back, Rt Kick Ball Change

1&2 Step ball of Rt behind Lt, Step Lt in place, Step Rt to Rt
3&4 Step ball of Lt behind Rt, Step Rt in place, Step Lt to Lt
5,6 Touch Rt Fwd diagonally Lt (5:00), Touch Rt back diagonally Rt (11:00)
7&8 Kick Rt Fwd diagonally Lt (5:00), Replace weight on the ball of Rt, Replace weight Lt (5:00)

(25-32) Cross, Back, Turn, Turn, Dorothy Steps Fwd

1,2 Cross Rt in front of Lt (5:00), Step back Lt 1/8 Rt (6:00)
3,4 Step Rt Fwd ¼ turn Rt (9:00), Make a ¼ turn Rt stepping Fwd Lt (12:00)
5,8 Step ball of Rt behind Lt (5), Step Lt to Lt (&), Step Rt Fwd (6), Step ball of Lt behind Rt (7), Step Rt to Rt (&), Step Lt Fwd (8)

(33-40) Step, Turn, Step, Touch, Step, Touch, Kick Ball Step

1,2 Step Rt Fwd, Pivot ½ Turn Lt (6:00)
3,6 Step Rt to Rt, Touch Lt in place facing (5:00), Step Lt to Lt, Touch Rt in place facing (7:00)
7&8 Kick Rt Fwd diagonally Rt, Replace weight on the ball of Rt, Step Lt Fwd (7:00)

(41-48) Charleston Steps, Touch, Touch, Bounce Unwind

1,4 Step Rt Fwd (7:00), Touch Lt Fwd (7:00), Step Lt Back (1:00), Touch Rt Back (1:00)
5,6 Touch Rt Fwd (7:00), Touch Rt Back (1:00)
7,8 Unwind 7/8 turn Rt bouncing your heels twice (weight Lt) (6:00)

(49-56) Walk Fwd R,L, Step, Turn, Touch Step, Touch Step

1,4 Walk Rt Fwd, Walk Fwd Lt, Step Rt Fwd, Pivot ½ Turn Lt (12:00)
5,8 Touch Rt Fwd pushing hips Fwd, Step down Rt, Touch Lt Fwd pushing hips Fwd, Step down Lt

(57-64) Step ½ Turn, ¼ Behind, ¼, Step, ½, Full Turn (Like a Fig.8)

1,2 Step Rt Fwd, Pivot ½ Turn Lt (6:00)
3,4 Make ¼ Turn Lt stepping Rt to Rt (3:00), Step Lt behind Rt
5,6 Make ¼ Turn Rt stepping Rt Fwd (6:00), Step Lt Fwd
7,8 Make ½ Turn Rt weight Rt (12:00), Pivot on the Rt ½ Turn Rt stepping Lt to Lt (6:00)

Restart happens here after the 4th repetition and just after the Fashion Walk Tag.

(65-72) Flick Heel R&L&R&R&, Flick Heel L&R&L&L&

- 1& With weight on the Rt toe flick Rt heel out to Rt, Bring Rt heel back to center (weight Rt)
- 2& With weight on the Lt toe flick Lt heel out to Lt, Bring Lt heel back to center (weight Lt)
- 3& With weight on the Rt toe flick Rt heel out to Rt, Bring Rt heel back to center
- 4& Flick Rt heel out to Rt, Bring Rt heel back to center (weight Rt)
- 5& With weight on the Lt toe flick Lt heel out to Lt, Bring Lt heel back to center (weight Lt)
- 6& With weight on the Rt toe flick Rt heel out to Rt, Bring Rt heel back to center (weight Rt)
- 7& With weight on the Lt toe flick Lt heel out to Lt, Bring Lt heel back to center
- 8 Flick Lt heel out to Lt
- & Bring Lt heel back to center (weight Lt) beginning start of Rt Mash Potato swivel Rt heel out to Rt

(73-80) Mash Potato, Coaster Step, Walk L,R Lock Step Fwd

- 1&2 Step Rt behind Lt (ending Rt Mash Potato), Swivel Lt heel out to Lt, and step Lt behind Rt (Mash Potato)
- 3,6 Step Rt back (3), Step Lt next to Rt (&), Step Rt Fwd (4), Walk Fwd Lt (5), Rt (6)
- 7&8 Step Lt Fwd, Lock Rt behind Lt, Step Lt Fwd (6:00)

(1-24) TAG: Fashion Walk x3

- 1-8& W alk Fwd R,L,R,L, ¼ C Bumps ¼
- 1-4 Walk Fwd Rt, Lt, Rt, Lt (12:00)
- 5 Make ¼ turn Lt touching pushing Rt hip up (9:00) (beginning of C Bumps), look towards (12:00)
- &6&7&8 Circle hip down, Circle hip up, Circle hip down (weight Rt)
- & Make ¼ turn Lt stepping fwd Lt (6:00). Repeat 1-8 again another 2 times.

MAKE SURE YOU HAVE FUN

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