

ZumbaLines

COPPER KNOB
STEPPERS

拍数: 72 墙数: 2 级数: Intermediate
编舞者: Shanthie De Mel (AUS) - February 2011
音乐: I Know You Want Me (Calle Ocho) - Pitbull : (CD Single - 4:00)



Begin: Wt on L. 18 sec. dialog, followed by a heavy beat of 8 counts. Start on vocals " ...want me "
(Disregard phrasing. No tags/restarts.)

RIGHT ROCKING CHAIR, x2 (PUSH- PULL HAND MOVEMENTS)

- 1 Rock R diag fwd to right pushing both fists fwd raised at shoulder level
- 2 Return L in place pulling both fists in front of chest
- 3 Rock R diag back to left leaning back & pulling both fists back to shoulders
- 4 Return L in place bringing both fists fwd in front of chest
- 5-8 Repeat all of above. (12:00)

SIDE, TOG, SIDE, TOG, SIDE, TOG, SIDE, HOLD (MOVING RIGHT WITH HAND MOVEMENTS)

- 1, 2 Step R to right side swinging arms to right in a circular motion, step L tog bringing arms to centre
- 3, 4 Step R to right side swinging arms to right in a circular motion, step L tog bringing arms to centre
- 5, 6 Step R to right side swinging arms to right in a circular motion, step L tog bringing arms to centre
- 7, 8 Step R to right side, hold. (12:00)

LEFT ROCKING CHAIR x2 (PUSH- PULL HAND MOVEMENTS)

- 1 Rock L diag fwd to left pushing both fists fwd raised at shoulder level
- 2 Rock R in place pulling both fists in front of chest
- 3 Rock L diag back to right leaning back pulling both fists back to shoulders
- 4 Rock R in place bringing both fists fwd in front of chest.
- 5-8 Repeat all of above (12:00)

SIDE, TOG, SIDE, TOG, SIDE, TOG, SIDE, HOLD, MOVING LEFT (WITH HAND MOVEMENTS)

- 1, 2 Step L to left side swinging arms to left in a circular motion, step R tog bringing arms to centre
- 3, 4 Step L to left side swinging arms to left in a circular motion
- 5, 6 Step L to left side swinging arms to left in a circular motion
- 7, 8 Step L to left side, hold (12:00)

SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, 1/4 LEFT SIDE, HOLD (WITH HAND MOVEMENTS)

- 1, 2 Step R to right side, tap L toe behind R heel arching left arm above head
- 3, 4 Step L to left side, tap R toe behind L heel arching right arm above head
- 5, 6 Step R to right side, tap L toe behind R heel arching left arm above head
- 7, 8 Turning 1/4 left step L to left side, hold. (9:00)

RIGHT MONTANA x2, HOLD, (WITH HAND MOVEMENTS)

- 1, 2 Step R fwd, kick L fwd swinging arms fwd above waist level
- 3, 4 Step L back, tap R toe back swinging arms back
- 5, 6 Step R fwd, kick L fwd swinging arms fwd above waist level
- 7, 8 Step L back, hold. (9:00)

SIDE, BEHIND, SIDE, BEHIND, SIDE, BEHIND, 1/4 LEFT SIDE, HOLD (WITH HAND MOVEMENTS)

- 1, 2 Step R to right side, tap L toe behind R heel arching left arm above head
- 3, 4 Step L to left side, tap R toe behind L heel arching right arm above head

- 5, 6 Step R to right side, tap L toe behind R heel arching left arm above head
7, 8 Turning 1/4 left step L to left side, hold. (6:00)

RIGHT MONTANA x2, HOLD, (WITH HAND MOVEMENTS)

- 1, 2 Step R fwd, kick L fwd swinging arms fwd above waist level
3, 4 Step L back, tap R toe back swinging arms back
5, 6 Step R fwd, kick L fwd swinging arms fwd above waist level
7, 8 Step L back, hold. (6:00)

PADDLE 1/4 LEFT, PIVOT 1/2 LEFT, PADDLE 1/4 LEFT, TOUCH, HOLD (WITH HAND MOVEMENTS)

- 1, 2 Step R fwd, turn 1/4 left on L rolling fists over each other in a ccw. circular movement (3:00)
3, 4 Step R fwd, turn 1/2 left on L rolling fists over each other in a ccw. circular movement (9:00)
5, 6 Step R fwd, turn 1/4 left on L rolling fists over each other in a ccw. circular movement (6:00)
7, 8 Touch R to L, hold. (Hands down at sides) (6:00)

This dance is for my dear friend Veronica Van Vugt, with whom I shared many a dance floor.
