

Hola Hola

COPPERKNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Jennifer Jou (TW) & Sally Hung (TW) - July 2019
音樂: Happy Mama - Onetwofree (自由發揮)



Intro: 4 counts after drum beats

Intro Dance: 16 counts

MAMBO FORWARD, MAMBO BACK; MAMBO RIGHT, MAMBO LEFT

1&2. Rock RF forward, Rock back onto LF, Step RF beside LF
3&4. Rock LF back, Rock forward onto RF, Step LF beside RF
5&6. Rock RF to right side, Rock LF onto Left, Step RF beside LF
7&8. Rock LF To left side, Rock RF onto Right, Step LF beside RF

9 – 16 Repeat 1 – 8

Tag: (4 counts) Tag after finishing 16 counts of Wall 4, then reatart (6:00)

MAMBO FORWARD MAMBO BACK

1&2. Rock RF forward, Rock back onto LF, Step RF beside LF
3&4. Rock LF back, Rock forward onto RF, Step LF beside RF

MAIN DANCE: 64 counts

Sec 1: Modified Cross Shuffle, Left Samba Whisk, Right Samba Whisk

1&2&3&4 Cross RF over LF, step LF slightly to L, Cross RF over LF, step LF slightly to L, Cross RF over LF, step LF slightly to L, Cross RF over LF
5 a6 LF take a big step to L, step on ball of RF slightly behind LF, recover on LF
7 a8 RF take a big step to R, step on ball of LF slightly behind RF, recover on RF

Sec 2: Modified Cross Shuffle, Right Samba Whisk, Left Samba Whisk

1&2&3&4 Cross LF over RF, step RF slight to R, Cross LF over RF, step RF slight to R, Cross LF over RF, step RF slight to R, Cross LF over RF
5 a6 RF take a big step to R, step on ball of LF slightly behind RF, recover on RF
7 a8 LF take a big step to L, step on ball of RF slightly behind LF, recover on LF

Sec 3: Volta Full turn R, Vaudeville L, Cross Shuffle

1&2& Make 1/4 turn R step RF fwd, step on ball of L in place, Make 1/4 turn R step RF fwd, step on ball of L in place
3&4 Make 1/4 turn R step RF fwd, step on ball of L in place, Make 1/4 turn R step RF fwd
5&6& Cross LF over RF, step RF to R, dig L heel to L diagonal, step LF next RF
7&8 Cross RF over LF, step LF to L, cross RF over LF

Sec 4: Volta Full turn L, Vaudeville R, Cross Shuffle

1&2& Make 1/4 turn L step LF fwd, step on ball of R in place, Make 1/4 turn L step LF fwd, step on ball of R in place
3&4 Make 1/4 turn L step LF fwd, step on ball of R in place, Make 1/4 turn L step LF fwd
5&6& Cross RF over LF, step LF to L, dig R heel to R diagonal, step RF next LF
7&8 Cross LF over RF, step RF to R, cross LF over RF

Sec 5: Cross samba R, Cross Samba L , Coaster, Shuffle Fwd

1&2 Cross RF over LF, rock LF to L, recover on RF
3&4 Cross LF over RF, rock RF to R, recover on LF
5&6 Step RF back, step LF beside RF, step RF fwd
7&8 Forward shuffle on LRL

Sec 6: 1/2 R shuffle Fwd,Coaster, Toe,Heel, Stomp, 1/4 L Toe, Heel, Stomp

- 1&2 1/2 R forward shuffle on RLR
3&4 Step LF back,step RF beside LF,step LF fwd
5&6 Touch R toe beside LF,tap R heel to R diag,stomp RF fwd
7&8 1/4 L touch L toe beside RF,tap L heel to L diag,stomp LF fwd

Sec 7: Chasse R,Chasse L,1/4 R Chasse R,Chasse L

- 1&2 Step RF to R,step LF together,step RF to R
3&4 Step LF to L,step RF together,step LF to L
5&6 1/4 R Step RF to R,step LF together,step RF to R
7&8 Step LF to L,step RF together,step LF to L

Sec 8: Diagonal Fwd,StompX2,Clap.Diagonal Back,StompX2,Clap,Side,Rolling Hips cc/w

- 1&2 Step RF diagonal fwd,stomp LF together,stomp RF in place and clap twice
3&4 Step LF diagonal back,stomp RF together,stomp LF in place and clap twice
5 – 8 Step RF to R,roll hips ccw (6 7 8),weight ends on LF

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