

Pure Passion

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Henry Costa (USA)
音樂: Scott & Fran's Paso Doble - David Hirschfelder & The Bogo Pogo Orchestra



The Rhythm in a Flamenco and Paso Doble dance is a little different. It goes like this 1(Apel), 2 (clap), 3 (clap), 4 (Apel) 5 (clap), 6 (clap) But not all sets of 6 start with an Apel in this dance. There isn't much & counts but, can be added for additional Flamenco Style (Doing a Double Apel before next movement with both feet (example: 1) Right, &) Left, 2) Left 3) Right).

(FLAMENCO MOVEMENTS) FORWARD, BACK, TOGETHER (RIGHT, LEFT)

- 1-2-3 (Apel) slap ball of right foot forward (with point) and slight bend in both legs, rock left back, right next to left (weight now on right)
4-5-6 (Apel) slap ball of left foot forward (with point) and slight bend in both legs, rock right back, left next to right (weight now on left)

Optional arm movements for Flamenco style: start with both arms above head with slightly bend elbows and slightly behind the head with palms facing inward at each other; when slapping ball forward with point; arm on same side goes to side (count 1) down to across chest level palm down (count 2). When foot goes back next to the other arm is back in original position (count 3). Then opposite arm starts to go down when other foot starts (counts 4,5,6 - same as above, except opposite arm). Lower arms after section is done

APEL, APEL, HOLD, APEL, APEL, HOLD

- 1-2-3 Right Apel (strong lowering action - ball flat; slap/stamp) left Apel down, hold
4-5-6 Right Apel (strong lowering action - ball flat; slap/stamp) left Apel down, hold

Optional arm movements for Flamenco style: when you Apel down then hold both hands on side of hip at waist level, then go to opposite side when you do movements on that side

APEL, CROSS, UNWIND, APEL, APEL, HOLD

- 1-2-3 Right Apel, cross left over right, unwind ½ turn (weight now on left)
4-5-6 Right Apel, left Apel, hold

STEP SIDE RIGHT, LEFT NEXT TO RIGHT, HOLD, STEP SIDE LEFT, RIGHT NEXT TO LEFT, HOLD

- 1-2-3 Step right to side, slide ball of left next to right, hold
4-5-6 Step left to side, slide ball of right next to left, hold

Optional arm movements for Flamenco style: When stepping to right: left arm is across chest with palm down (or snap fingers), right arm: above head with slightly bend elbows palm facing inward (or snap fingers) When stepping to left: right arm is across chest with palm down (or snap fingers). left arm: above head with slightly bend elbows palm facing inward (or snap fingers) Drop arms down to side at the end of the 6 counts.

(PASADAS) BEHIND, STEP, BRUSH, WALK, STEP, PIVOT

- 1-2-3 Right behind, step left forward, right brush
4-5-6 Step right forward, step left forward, right ½ pivot (weight now on right)

(PASADAS) BEHIND, STEP, BRUSH, WALK, STEP, PIVOT

- 1-2-3 Left behind, step right forward, left brush
4-5-6 Step left forward, step right forward, left ½ pivot (weight now on left)

MATADOR CAPE TURN LEFT (6 COUNTS)

- 1-2-3 (Start cape turn to left) right step across front of left, paddle turn (¼ pivot) to left, right step across front of left
4-5-6 (End cape turn to left) paddle turn (¼ pivot) to left, right step across front of left, pivot ¼ turn on ball of both feet (weight now on right)

Optional arm movements for Paso Doble & Flamenco style: Left arm across chest and Right arm out to side, as if you were holding a cape in a bullfight. Hold this position for 5 counts, then switch to opposite side on

count 6

MATADOR CAPE TURN RIGHT (6 COUNTS)

1-2-3 (Start cape turn to right) left step across front of right, paddle turn ($\frac{1}{4}$ pivot) to right, left step across front of right

4-5-6 (End cape turn to right) paddle turn ($\frac{1}{4}$ pivot) to right, left step across front of right, pivot $\frac{1}{4}$ turn on ball of both feet (weight now on left)

Optional arm movements for Paso Doble & Flamenco style: Right arm across chest and Left arm out to side, as if you were holding a cape in a bullfight. Hold this position for 5 counts, then on count 6 either elevates arms for beginning of dance or place at side if not doing optional arms for first 6 counts of dance

REPEAT
