Copacabana



拍數: 56 牆數: 1 級數: Intermediate - Fun

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音樂: Copacabana (Glee Cast Version) - Glee Cast



Phrasing: 32 Tag 56, 32 Tag 56, 56, 32 Tag 56, 24

Start dance after 4x8's.

1-2 Step LF diagonal L fwd, Lock RF behind LF□10:30

3&4 Step LF diagonal L fwd, Lock RF behind LF, Step LF diagonal L fwd □ 10:30

5-6 Step RF diagonal R fwd, Lock LF behind RF □ 1:30

7&8 Step RF diagonal R fwd, Lock LF behind RF, Step RF diagonal R fwd □1:30

Set 2: Rock Recover, ½L fwd shuffle, R Diag Fwd touch, L Diag Fwd touch

1-2 Rock LF fwd, Recover on RF □ 12:00

3&4 ½L stepping LF fwd, step RF next to LF, step LF fwd (or execute a L full turn) □6:00

5-8 Big Step RF diag fwd, Touch LF next to RF, Big Step LF diag fwd, Touch RF next to

LF□6:00

Set 3: Merengue to the R, Left Chasse, Back Rock

1-4 Step RF to R, Step LF next to RF, Step RF to R, Touch LF next to RF (Cuban hips) □ 6:00

5&6 Step LF to L, Step RF next to LF, Step LF to L□6:00

7-8 Rock RF back, recover on LF □ 6:00

Set 4: 4 Paddle 1/8L turns with hip rolls

1-2 Step RF fwd, 1/8L shifting weight on LF and roll hip anti clockwise □4:30

3-8 Repeat 1-2 (3x) □ 12:00

**Do the TAG here on walls 1, 3 and 6, then Restart the dance□

Set 5: Cross Side, R sailor fwd, Forward hold

1-2 Cross RF over LF, Step LF to L□12:00

3&4 Step RF behind LF, Step LF next to RF, Step RF fwd ☐ 12:00

5-8 Step LF fwd, hold for 3 counts (raise both arms from sides) □ 12:00

Set 6: Rock Recover, R Coaster, L Point Cross, R Point Cross

1-2 Rock RF fwd, Recover on LF □ 12:00

3&4 Step RF back, step LF next to RF, Step RF fwd ☐ 12:00

5-8 Point LF to L, Cross LF over RF, Point RF to R, Cross RF over LF□12:00

Set 7: L Side Rock, Behind Side Cross, R Side Rock Cross

1-2 Rock LF to L, Recover on RF□12:00

3&4 Step LF behind RF, Step RF to R, Cross LF over RF□12:00

5-6 Rock RF to R, Recover on LF □ 12:00

7-8 Step RF behind LF, Step LF to L, Cross RF over LF □ 12:00

(Options: On walls 2 and 5, counts 5-8, do Side rock cross hold instead to fit the music)□

START AGAIN & ENJOY!

TAG

Set A: L Weave, Point (hip drop), R weave, Point (hip drop)

1-3&4 Cross RF over LF, Step LF to L, Step RF behind LF, Point LF to L and raise hip, drop hip 12:00

5-7&8 Cross LF over RF, Step RF to R, Step LF behind RF, Point RF to R and raise hip, drop hip 12:00

(Options: You can simply just point on counts 4 & 8 if you find it hard to do the hips!)□

Set B: Step R, Shimmy, Step L, Shimmy, Jazz box clap

1-2 Step RF to R (Shimmy shoulders over 2 counts) 12:00

3-4 Step LF to LF (Shimmy shoulders over 2 counts)□12:00

5-8 Cross RF over LF, Step LF back, Step RF to R, Touch LF next to RF with a clap □12:00

(Ending: On count 5-8 of set 2, step RF fwd, ½L pivot turn, Step RF fwd facing 12:00)