

# Zumba

**COPPER** KNOB  
STEP SHEETS

拍數: 128      牆數: 0      級數: Phrased Improver  
編舞者: Wendy Loh (MY) - July 2014  
音樂: Zumba CAIPIRINHA



Dance (Intro) starts immediately after 16 counts from beginning of music

SEQUENCE : ABC TAG ABC A TAG ABC

## INTRO (2x8)

12            Step RF to side, Jump with both feet close together  
34            Step LF to side, Jump with both feet close together  
56            Repeat Steps 12  
78            Repeat Steps 34

Do this section twice

## PART A (4x8)

### Section A1: R Hip Drop 4x, Touch R Forward, Back, Forward, Step Together

&1            Face body diagonally left (10:30) & Touch RF slightly forward & Lift R hip (&), Drop R hip & Clap hands (1)  
&2&3&4       Repeat &1 three times  
56            Touch RF in place, Touch RF back  
78            Touch RF forward, Turn body facing front (12:00) & Step RF beside LF

### Section A2: L Hip Drop 4x, Touch R Forward, Back, Forward, Step Together

&1            Face body diagonally right (1:30) & Touch LF slightly forward & Lift L hip (&), Drop L hip & Clap hands (1)  
&2&3&4       Repeat &1 three times  
56            Touch LF in place, Touch LF back  
78            Touch LF forward, Turn body facing front (12:00) & Step LF beside RF

### Section A3: Out Out In In, R Mambo, L Mambo

12            Step RF diagonally forward to R, Step LF to side  
34            Step RF back, Close LF together  
5&6          Rock RF to side, Recover on LF, Step RF beside LF  
7&8          Rock LF to side, Recover on RF, Step LF beside RF

### Section A4: Out Out In In, Toe Switches, Chest Pop

12            Step RF diagonally forward to R, Step LF to side  
34            Step RF back, Close LF together  
5&            Touch R toe to side, Step RF beside LF,  
6&            Touch L toe to side, Step LF beside RF  
7&8          Touch R toe to side, Push Chest out, Drop chest to neutral

## PART B (4x8)

### Section B1: Skate RLR, Jump, Skate LRL, Jump

12            Skate RF diagonally forward to R, Skate LF diagonally forward to L  
34            Skate RF diagonally forward to R, Jump with both feet close together  
56            Skate LF diagonally forward to L, Skate RF diagonally forward to R  
78            Skate LF diagonally forward to L, Jump with both feet close together

### Section B2: Skate RLR, Turn 1/4R &, Chest Pop 4x

12            Skate RF diagonally forward to R, Skate LF diagonally forward to L

34 Skate RF diagonally forward to R, Turn 1/4R & Step LF to side (3:00)  
5678 Slightly bend knees and do chest pop four times

**Section B3: Turn 1/4L Step Together Step Jump, Step Together Step Jump**

12 Turn 1/4L & Step RF to side, Step LF together (12:00)  
34 Step RF to side, Jump with both feet close together  
56 Step LF to side, Close RF together  
78 Step LF to side, Jump with both feet close together

**Section B4: Step, Hold, Forward Body Roll, Chest & Hip Movement**

12 Step RF diagonally forward to R (1:30), Hold  
34 Forward Body Roll over 2 beat  
5& Push Chest out, Drop Chest to normal,  
6& Slightly bend knees & Push hip back, Push hip forward  
7&8& Repeat 5&6&

**PART C (4x8)**

**Section C1: Step, Cross Touch, Step, Cross Touch - 2X**

12 Step RF to side, Touch LF over RF (12:00)  
34 Step LF to side, Touch RF over LF  
56 Repeat Steps 12  
78 Repeat Steps 34

**Section C2: Hip Bump RLRR, LRLL**

12 Step RF to side & Hip bump to R then L (may do a figure-8 hip circle)  
34 Hip bump to right side twice  
56 Hip bump to L then R  
78 Hip bump to left side twice

**Section C3: Forward Toe Struts, Jazz Box**

12 Touch R toe forward, Step RF in place  
34 Touch L toe forward, Step LF in place  
5678 Cross RF over LF, Step LF back, Step RF to side, Step LF together

**Section C4: Star Steps, Hold & Body Roll, Touch & Touch**

1& Turn 1/4L with weight on LF & Touch RF to side, Hitch RF  
2&3&4& Repeat Steps 1& three times till you return to front wall  
56 Step RF to side, Hold step & Roll body to right  
7 Turn 1/4R & Touch LF beside RF (3:00)  
&8 Turn 1/4L & Step RF to side, Turn 1/4L & Touch RF beside LF (9:00)

**(Styling : Face looking towards 12:00)**

**TAG (2x8) : Facing 9:00**

1234 Push hip to R, Hold for 3 beats (Styling: Straighten both hands out to R side of hip)  
5678 Turn 1/4R & Step LF to side & Push L hip to L, Hold for 3 beats

**(Styling: Raise both hands making a V-shape)**

1234 Push hip to R, Hold for 3 beats (Styling: Hug your body)  
5 Push hip to L, Hold (Styling: Push Extend both hands out to side)  
6 Push Hip to R, Hold (Styling: RH at R hip, LH at L ear)  
7 Push Hip to L (Styling: Raise both hands making a V-shape)  
8 Balance weight on both feet, (Styling: Both hands on waist)

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