

# La Copa

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**Count:** 64      **Wall:** 4      **Level:** Phrased Beginner

**Choreographer:** Ingrid Kan - Taiwan (Nov. 2010)

**Music:** Himno Oficial de la Copa Mundial de Sudáfrica 2010

**Alt. music: Waving Flag by David Bisbal & K Naan**

**Start with Vocal. - A:32count B:32count**

**Sequence: A, BX5, B(16 count), A, Bx5, B(16count),A, B, B, A**

**PART A -32ct**

**(1-8)Step, Flick, R-L-R-L**

**1-2**      Step R foot to right side, L foot Flick

**3-4**      Step L foot, R foot Flick

**5-8(Repeat steps 1-4)**

**(9-16)Step Together Step Flick (R-L)**

**9-12**      Step R foot ,Step L foot next to right, Step R foot, L foot Flick

**13-16**      Step L foot ,Step R foot next to left, Step L foot, R foot Flick

**Repeat 1-16**

**PART B - 32ct**

**(1-8) Step R, Hold, Step L Together, Hold, Step R, Hold, Step L Together, Hold**

**1-2**      Look L, upper body slightly turning L, as R hand goes to R side and bent as L hand straightens out to L side, Step foot to right side, R knee slightly bent inwards(1,), Hold(2)

**3-4**      Look forward, Step L foot next to right(3) , Hold(4),

**5-8**      Repeat steps 1-4.

**(9-16) Step L, Hold, Step R Together, Hold, Step L, Hold, Step R Together, Hold**

**9-10**      Look R, upper body slightly turning R, as L hand goes to L side and bent , as R hand straightens out to R side, Step L foot to left side, L knee slightly bent inwards(1,), Hold(2),

**11-12**      Look forward, Step R foot next to left(3) , Hold(4)

**13-16**      Repeat steps 9-12

### **(17-24) Out, Out, In, In, Out, Out, In, In**

**17-18** Step R foot diagonally forward(1), Step L foot to left side(2),.

**19-20** Step R foot back(3), Step L foot next to R foot(4),

**21-24** Repeat steps 17-20.

### **(25-32) Jazz Turn to R1/4, Shimmy Clap**

**25-28** Cross R over L, Recover on L, Step R to side, Step L next to R Turn to R 1/4

**29-31** Stepping R, Shimmy shoulders, With feet slightly apart, Together

**32** Clap

**On wall 5 end (face 3:00), wall 10 end (face 6:00), add part B(16 count), Restart part A**

**To FINISH: The music fades off, as you face the 12:00, as you finish the Step together Step(5-7), no flick and hold that pose(8).**

**It's so easy, fun, you might dance as warm up before your dancing class, enjoy it!**

**Ingrind Kan in Taipei**