What U Waiting For (痴痴的等) (zh)

Compte: 64 **Mur:** 4 **Niveau:** Improver
Chorégraphe: Leong Mei Ling (MY) - 2010年05月
Musique: What U Waiting For (feat. MizzNina) - Colby O'Donis

前奏： 32 counts 32拍後起跳

第一段 Ball Side, Heel, Point Back, 1/2 Turn Right, Press Steps
併 左踏, 踵點, 後點, 右轉, 壓踏步

(Start with feet shoulder width apart, weight on Left) 雙腳與肩同寬, 重心在左足

&1-2 (&) Ball of Right beside Left, (1) step Left to side, (2) Right heel forward 右足併踏, 左足左踏, 右足踵前點

3-4 Touch Right toe back, turn 1/2 right (weight on Right) [6:00]
右足趾後點, 右轉180度(重心在右足)(面向6點鐘)

5-6 (1/8 turn right) press Left to side, (1/8 turn left) step Left beside Right (右轉45度)左足左壓踏, (右轉45度)左足併踏

7-8 (1/8 turn left) press Right to side, (1/8 turn right) step Right beside Left [6:00] (左轉45度)右足右壓踏, (右轉45度)右足併踏(面向6點鐘)

第二段 Vine Left Touch, Vine Right 1/4 Turn Scuff
左華倫點, 右華倫轉1/4帶擦踢

1-4 Step Left to side, step Right behind Left, step Left to side, touch Right beside 左足左踏, 右足於左足後踏, 左足左踏, 右足併點

5-8 Step Right to side, Left behind Right, 1/4 turn right step forward Right, scuff Left [9:00]
右足右踏, 左足於右足後踏, 右轉90度右足前踏, 左足擦踢(面向9點鐘)

第三段 Forward Touch, Back Touch, 1/4 Left Side Touch, 1/4 Right Forward Touch
前踏 點, 後踏 點, 左1/4側踏 併點, 右1/4前踏 併點

1-2 Step Left forward, touch Right in place 左足前踏, 右足點

3-4 Step Right back, touch Left in place 右足後踏, 左足點

5-6 1/4 left step Left to side, touch Right beside
左轉90度左足左踏, 右足併點

7-8 1/4 right step Right forward, touch Left beside [9:00]
右轉90度右足前踏, 左足併點(面向9點鐘)

styling: lean slight forward while stepping forward and lean slight back when stepping back 當前踏時身體略傾向前, 後踏時身體略傾向後

第四段 Press Step, Press Step, Toe Switches, 1/4 Left Together
壓踏步, 壓踏步, 點收點收, 點 左1/4

1-2 Press ball of Left to side, step Left beside Right
左足左壓踏, 左足併踏

3-4 Press ball of Right to side, step Right beside Left
右足右壓踏, 右足併踏

5&6& Point Left to side, step Left beside Right, Point Right to side, step Right beside Left 左足左點, 左足併踏, 右足右點, 右足併踏

7-8 Point Left to side, 1/4 turn left step Left beside Right [6:00]
左足左點, 左轉90度左足併踏(面向6點鐘)

RESTART HERE on Wall 7 第七面牆跳至此, 從頭起跳

第五段 Scuff Step Back, Twist Right, Left, Cross Side, Coaster Step (At A Diagonal) 擦踢 抬 後踏, 轉身-右, 左, 交叉 左踏, 海岸步(斜角)

1&2 Scuff Right forward, (&) hitch, step Right back
右足前擦踢, 右膝抬, 右足後踏

3-4 Twist body 1/4 right, 1/4 left (both feet should follow body: swivel right and left) [6:00]
身體向右旋轉90度, 向左旋轉90度(雙腳跟著身體轉右, 轉左)(面向6點鐘)

5-6 Cross Right over Left, step Left to side
右足於左足前交叉踏, 左足左踏

7&8 (face 7:00) Step Right back, step Left beside Right, step Right forward
(面向7點鐘)右足後踏, 左足併踏, 右足前踏

Note: For 7&8, a Sailor Step works equally well
7&8也可以做一個水手步

第六段 Cross Side, Coaster Step (At A Diagonal), Press Rock Side, Press Rock Side 交叉 右踏, 海岸步(斜角), 壓踏 回復 右踏, 壓踏 回復 左踏

1-2 Cross Left over Right, step Right to side
左足於右足前交叉踏, 右足右踏

3&4 (face 5:00) Step Left back, step Right beside Left, step Left forward
(面向5點鐘)左足後踏, 右足併踏, 左足前踏

Note: 3&4 can be replaced with a Sailor Step
3&4可以改跳水手步

5&6 (still facing 5:00) press Right forward, recover to Left, step Right to side [square back to Wall]
(仍面向5點鐘)右足前壓踏, 左足回復, 右足右踏(轉正)

7&8 (face 7:00) press Left forward, recover to Right, step Left to side (squaring back to wall)
(面向7點鐘)左足前壓踏, 右足回復, 左足左踏(面向後面牆)

第七段 Jazz Box, 1/4 Right Jazz Box 爵士方塊, 右1/4爵士方塊

1-4 Cross Right over Left, step Left back, step Right to side, step Left forward 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏

5-8 Cross Right over Left, step Left back, 1/4 turn right step Right to side, step Left forward
右足於左足前交叉踏, 左足後踏, 右轉90度右足右踏, 左足前踏

第八段 Lean Body R-L-R-L, Heel Twists Right, Heel Twists Left
身體移動-右, 左, 右, 左, 踵右旋轉, 踵左旋轉

1-4 Step Right to side, transfer body weight to right side, then left, repeat right & left
右足右踏轉動身體重心放右足, 轉動身體重心放左足, 轉動身體重心放右足, 轉動身體重心放左足

5&6 Twist heels right and right 雙足踵轉向右-轉正-向右

7&8 Twist heels left and left [9:00] 雙足踵轉向左-轉正-向左

Note: Or if you prefer, bump hips right & right, left & left for 5-8
如果你喜歡, 可以用推臀動作取代5-8的轉足踵的動作