Wan-A-Go-Go



拍数: 0 墙数: 4 级数: Intermediate

编舞者: Carole Daugherty (USA)

音乐: Going to a Go-Go - Smokey Robinson & The Miracles



Sequence: BA, BC, BA, BC, BBC, BA, BC, BBB

PART A

Always danced during main vocals

BIAGONAL FORWARD HOPS: RIGHT, LEFT, STEP BACK: RIGHT, LEFT, OUT-OUT-IN-IN

81-2 Hop forward on right diagonal with right foot, touch left toes next to right, hold

83-4 Hop forward on left diagonal with left foot, touch right toes next to left, hold

Styling: cool jerk arms

&5&6 Swivel left heel right while lifting right knee, step back on right foot, swivel right heel left while

lifting left knee, step back on left foot

&7&8 Step out with right foot, step out with left foot, step in with right foot, step in with left foot

OUT-OUT 1/8 LEFT, BODY SHAKE, 1/4 RIGHT BODY SHAKE

&1 Step out on right foot turning 1/8 left, step left foot in front of right

Body angles toward 10:00

2-3-4 Shimmy/wiggle body while lifting right arm in an arc (back stroke)

5-6-7-8 Twist heels ½ right, shimmy/wiggle body while lifting left arm in an arc (back stroke)

Body angles toward 2:00

BALL-CROSS-BALL-CROSS, 1/4 RIGHT HEEL DROPS 2XS, CROSS, LIFT, CROSS, LIFT

&1&2 Step ball of right next to left, step left across right, step ball of right next to left, step left

across right

Styling: accentuate by allowing shoulders to tip during ball crosses

Rise up on balls of both feet to turn ¼ right dropping heels, repeat to take weight right

5-6-7-8

Step left forward across right, hitch right hip crossing knee over left angling left, step right

forward across left, hitch left hip crossing knee over right

1/4 POINT, 1/4 HITCH POINT, LEFT SWIVELS, FLICK, RIGHT SWIVELS, FLICK, LEFT SWIVELS, FLICK

&1&2 Turn ¼ right on right, point left toes left, turn ¼ right on right, point left toes left

Press left toes and swivel heel left with bent knee, center heel, swivel heel left to weight Flick right foot behind left knee, press right toes out swiveling heel right with bent knee,

center heel, swivel heel right to weight

&7&8& Flick left foot behind right knee, press left toes swiveling heel left with bent knee, center heel,

swivel heel left to weight, flick right foot slightly behind left

Styling: snap fingers on matching hand, bending elbow and travel slightly forward during heel swivels

PART B

Always danced during "going to a go-go" vocals and instrumental sections FORWARD CROSSING SAILORS: RIGHT, LEFT, RIGHT, LEFT

Angled left: step right forward across left, step left to left side, step slightly right angled right

Angled right: step left forward across right, step right to right side, step slightly left angled left

5&6-7&8 Repeat counts 1-4

Option: lean forward slightly snap fingers on even counts, hands at waist, or rising up from sides. These 8 counts are easy to vary, for example, cross points, pony steps, struts, etc.

ROCK, RECOVER, RIGHT TRIPLE 1/2 RIGHT, STEP, PIVOT 1/2 RIGHT, LEFT TRIPLE FORWARD

1-2 Rock forward on right foot, recover on left foot

Styling: twist while rocking forward and recovering

3&4 Turn ½ right stepping right, left, right

5-6 Step forward on left foot, pivot ½ right onto right foot

7&8 Step forward on left, step right next to left, step forward on left

PART C

Always danced during break

ROCK, RECOVER, STEP BACK, DRAG, ALTERNATING KNEE POPS WITH HOLDS, STEP, TWIST 1/4

1-2 Rock forward on right foot, recover onto left foot

3-4 Take a large step back on right foot, drag left foot back towards right

&5-6 Step down on left, pop right knee, hold &7-8-1 Step down on right, pop left knee, hold (8-1)

&2&3-4&5 Step down on left, pop right knee, step down on right, pop left knee, hold, step down on left,

pop right knee

6 Press into right toes to center weight &7&8 Swivel/wriggle ¼ left keeping weight left

Counting gets tricky in this part - let the music move ya - add arms & go-go with the beat  Thanks to my talented friend, Frank Cooper, and his counting genius, for helping me with part C!