

拍数: 0 墙数: 2 级数:

编舞者: Rebecca Ewan (UK) 音乐: Whoop - Holly Valance



Sequence: ABC, Tag 1, ABC, Tag 2, BCC, Tag 3

PART A

ROCK & CROSS, SIDE MAMBO, SIDE BEHIND, & KICK & STEP

Rock left foot to the left side, recover weight onto right, cross left foot over right

Rock right foot to the right side, recover weight onto left, touch right foot next to left

5-6 Step right foot to right side, cross left foot behind right

&7&8 Step right foot next to left, kick forward with left foot, step left foot next to right, step right foot

forward

FORWARD MAMBO, BACK MAMBO, KICK HITCH TURN, KICKBALL CROSS

1&2	Rock left foot forward, recover weight onto right, step left foot next to right
3&4	Rock right foot back, recover weight onto left, touch right foot next to left

5&6 Kick right foot out to the right side, hitch right knee next to left making ½ turn left, touch right

foot next to left

7&8 Kick right foot diagonally forward to the right, step right foot next to left, cross left over right

LUNGE SLIDE, HEEL & SIDE, CROSS & HEEL, TURN SAILOR STEP

Ctan famuard on left mirret 1/ turn right

1-2	Lunge right foot to right side, slide left foot up to right, keeping weight on right
3&4	Touch left heel forward, step left next to right, touch right foot to right side
5&6	Cross right foot over left, step slightly back on left, touch right heel forward

7&8 Cross right foot behind left, step left foot to left side making ¼ turn right, step forward on right

STEP PIVOT, HITCH TURN TWICE, TURNING JAZZ BOX

1-2	Step forward on left, pivot 1/2 turn right
&3	Hitch left knee, turn ½ right stepping back on left foot
&4	Hitch right knee, turn ½ right stepping forward on right foot
5-6	Cross left foot over right, step back on right making 1/4 turn left
7-8	Step left foot to left side, touch right foot next to left

PART B

SKATE & BUMP TWICE, BRUSH & HEEL, & CROSS, TURN

1&2	Skate forward on right pushing hips forward, bump hips back & forward
3&4	Skate forward on left pushing hips forward, bump hips back & forward

5&6 Brush right foot forward against left, step slightly back on right, touch left heel forward

&7-8 Step slightly back on left, cross right foot over left, unwind ½ turn left

ROCK & CROSS, SWEEP TURN, ROCK RECOVER, STEP BACK, SLIDE

T&Z	Rock left foot to left side, recover weight onto right, cross left foot over right
3-4	Sweep right foot ¾ turn left, touch right foot next to left

5-6 Rock forward on right foot, recover weight onto left

7-8 Step back on right, slide left foot back to right keeping weight on right

KICK & SIDE, BOUNCE & BOUNCE, COASTER STEP, KICK HOOK TURN

1&2	Kick left foot forward.	step left foot next	to right, touch	right foot to right side

3&4	Step forward on right, make ½ turn left bouncing heels twice
5&6	Step left foot back, step right foot next to left, step forward on left

7&8 Kick right foot forward, hook right foot over left shin, make ½ turn left on left foot stepping

right foot diagonally forward

SLIDE UP, STEP SLIDE, CROSS ROCK, TURN ROCK, TURN MAMBO TOUCH

1-2 Slide left foot up to right (over 2 counts), keeping weight on right foot

&3-4 Step left foot diagonally forward to the left, slide right foot up to left (over 2 counts), keeping

weight on left foot

5& Cross rock right over left, recover weight onto left

6& Making ¼ turn right, rock right foot to right side, recover weight onto left

7&8 Making another ¼ turn right, rock right foot to right side, recover weight onto left, touch right

foot next to left

PART C

ROCK & SIDE, SLIDE, KICKBALL CROSS, UNWIND 3/4

1&2 Rock back on right, recover weight onto left, step right foot to right side

Arms: on count 1 push both arms out in front of you at face level, palms facing forward. On count 2 bring both arms down to sides

3 Slide left foot up to right, keeping weight on right

As you slide left up, circle both arms to the left in front of your body

4&5 Rock left foot to the left, recover weight onto right, touch left next to right

On count 4 push both arms out to the right side, level with shoulders, palms facing outwards to the side. On count 5 push both arms out to the left side at shoulder height, palms facing outwards to the side

Kick left foot diagonally forward to the left, step left foot next to right, cross right foot over left

8 Unwind ¾ turn left

COASTER STEP, KICK & TURN, BEHIND CROSS BEHIND, TOUCH

1&2 Step left foot back, step right foot next to left, step forward on left

3&4 Kick right foot forward, step right foot next to left, step to the side on left making ¼ turn right

5 Cross right foot behind left

Step left foot to left side, cross right foot over left
Step left foot to left side, cross right foot behind left

8 Touch left foot out to left side

ROCK & SIDE, SLIDE, SIDE MAMBO, KICKBALL CROSS, UNWIND

1&2 Rock back on left foot, recover weight onto right, step left foot to left side

On count 1 push both arms out in front at face level, palms facing forward. On count 2 bring both arms down to sides

3 Slide right foot up to left, keeping weight on left

As you slide right together, circle both arms to the right in front of your body

4&5 Rock right foot to right side, recover weight onto left, touch right foot next to left

On count 4 push both arms to the left side at shoulder height, palms facing outwards to the side. On count 5 push both arms to the right side at shoulder height, palms facing outwards to the side

6&7 Kick right foot diagonally forward to the right, step right next to left, cross left over right

8 Unwind ¾ turn right

COASTER STEP, KICK & TURN, BEHIND CROSS BEHIND, TOUCH IN

1&2 Step back on right, step left next to right, step right foot forward

3&4 Kick left foot forward, step left foot next to right, step right foot to the right side making ¼ turn

left

5 Cross left foot behind right

&6 Step right foot to right side, cross left foot over right &7 Step right foot to right side, cross left foot behind right

8 Touch right foot next to left

TAG 1

1&2	Cross right foot over left, slide left up to right, step right foot forward
3&4	Step back on left making $\frac{1}{2}$ turn right, step forward on right making $\frac{1}{4}$ turn right, step forward on left
5&6	Rock forward on right, recover weight onto left, step right foot to the right side, making ¼ turn right
7-8	Slide left foot up to right (over 2 counts), keeping weight on right

TAG 2

1/2 MONTEREY TURN & TOUCH, KICK & SIDE, STEP TURN STEP

1-2	Touch right foot out to right side, make ½ turn right bringing right foot next to left
3&4	Touch left foot to left side, step left foot next to right, touch right foot to right side
5&6	Kick right foot forward, step right next to left, touch left foot to left side
7&8	Step left foot forward, turn ½ right, step left foot forward

1/2 MONTEREY TURN & TOUCH, KICKBALL CROSS, BOUNCE & TURN

1-2	Touch right foot to right side, make ½ turn right bringing right foot next to left
3&4	Touch left foot to left side, step left foot next to right, touch right foot to right side
5&6	Kick right foot diagonally forward to the right, step right foot next to left, cross left foot next to right
7&8	Make ½ turn right bouncing heels twice, touch right foot next to left

TAG 3

CROSS, UNWIND, STEP, TOUCH

1-2 Cross right foot over left, unwind ½ turn left
3-4 Step left foot forward, touch right foot next to left

On count 4 push both arms up making a 'v' shape with palms facing upwards