Y.A.W.E.E. (Yes Again With Energetic

Elbows)



拍数: 32 墙数: 4 级数:

编舞者: Pchi

音乐: Don't You Throw That Mojo On Me - Wynonna



You Actually Want Energetic Elbows?

JUMP CROSS, HEEL SWIVEL, KICK, HEEL SWIVEL, ELBOWS

1-2	Jump right foot across left, jump feet back to center keeping hip width apart

&3 Swivel heels right, place back to center

&4 Kick right foot, place back to center keeping hip width apart

&5 Swivel heels right, make ½ turn right (right foot should be in front of left)

6 Bring left foot beside right (feet should be together)

7 Bring right elbow up (side) in line with shoulder (bring back to side)
8 Bring left elbow up (side) in line with shoulder (bring back to side)

KNEE BENDS, BODY ROLL, JUMP CROSSES AND BODY ROLLS

9 Raise heels bend knees (out) with right arm in front of body, bending elbow

& Bring everything back to center, straightening arm

10&11 Repeat steps 9&10

12 Body roll up from knees to head

&13 Jump right foot across left, jump feet back to center keeping hip width apart

14 Body roll up from knees to head

&15-16 Repeat steps &13-14 crossing left foot in front of right If you don't like body rolls "pause" or use the beat for anything you like.

TRIPLE STEPS, KICKS, UNWIND A FULL TURN

17&18 Triple step forward right, left, right 19&20 Triple step back left, right, left

17-20, keep on the balls of your feet, to help with speed when dancing to faster tracks

Keep all body parts facing front kick right foot out to right side, replace to center Keep all body parts facing front kick left foot out to left side, cross left over right

22-23 should be more a circular motion

24 Unwind a full turn (ending with weight on left foot)

ROLLING GRAPEVINES WITH A KICK BALL TOUCH

25-26 Make a half turn right stepping on to right, make a half turn right stepping on to left

27&28 Kick right foot front, replace to center, touch left foot beside right

29-32 Repeat steps 25-28 to the left

REPEAT