

Hip Hop Hooray

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: BJ "The DJ" Brown (USA)
音乐: Get Ready 4 This - 2 Unlimited



"Get Ready 4 This" is track 2 on the Jock Jams CD, but I always play the last 11 seconds of track 1 where it says "Let's get ready to rumble!". The dance starts about 15 seconds into track 2, immediately after the break and where they say "Are you ready for this?". After repeating the following 64 count sequence twice, there is a 4 beat break in the music. Hit the break, do a body roll, anything, then start the sequence over again.

KICK, KICK, SAILOR STEP, KICK, KICK, SAILOR STEP

- 1-2 Kick right foot forward. Kick right foot to right side.
- 3&4 Hook right foot behind left. Place weight on ball of right foot. Place weight on ball of left foot as you place to left side (about shoulder width apart) step in place with right foot, putting full weight on it.
- 5-6 Kick left foot forward. Kick left foot to left side.
- 7&8 Hook left foot behind right. Place weight on ball of left foot. Place weight on ball of right foot as you place to right side (about shoulder width apart) step in place with left foot, putting full weight on it.
- 9-16 Repeat counts 1-8

CROSS STEP AND JAZZ KICKS

- 1 Cross-step right foot in front of left. Put weight on it.
- &2 Step left slightly to left side. Kick (or tap) right heel diagonally forward/right.
- &3 Place weight on ball of right foot as you step slightly behind left. Cross-step left over right.
- &4 Step right slightly to right side. Kick (or tap) left heel diagonally forward/left.
- &5 Place weight on ball of left foot as you step slightly behind right. Cross-step right over left.
- &6 Step left slightly to left side. Kick (or tap) right heel diagonally forward/right.
- &7 Place weight on ball of right foot as you step slightly behind left. Cross-step left over right.
- &8 Step right slightly to right side. Kick (or tap) left heel diagonally forward/left.

CHARLESTON WALK RIGHT AND LEFT

- &1 Place weight on left foot. Place right foot beside left. (shoulder width) weight is equal, toes pointing outward. Keep elbows at sides with hands pointing out to sides.
- 2 Keeping left heel and right toe in place; fan left toe inward and right heel outward. Also swing hands in towards your belt buckle. This should cause you to move slightly to the right.
- 3 Keeping left toe and right heel in place; fan left heel inward and right toe outward. Also swing hands out to the sides.
- 4 Keeping left heel and right toe in place; fan left toe inward and right heel outward. Also swing hands in towards your belt buckle. This should cause you to move slightly to the right.
- 5-8 Reverse all you just did so that you travel to the left. Hands go out, in, out, in. If you wish you can double time this whole sequence, causing you to move twice as much.

STOMP, STOMP, HEEL, TOE, STEP, TURN & POINT

- 1-2 Stomp forward on right foot. Hold one beat.
- 3-4 Stomp forward on left foot. Hold one beat.
- 5 Touch right heel forward.
- 6 Touch right toe back.
- 7 Step forward on right foot while turning ¼ turn right.
- 8 Touch left toe to left side. (you are now looking at a new wall.)

CROSS, POINT, CROSS, STEP TOGETHER & JUMP, KICK-BALL-CHANGE

- 1-2 Cross-step left foot over right. Point right toe to right side.

- 3 Cross-step right foot over left.
- 4-5 Step back with the left foot. Bring right beside left.
- 6 Jump forward on both feet.
- 7&8 Kick left foot forward. Step back on ball of left foot, slightly behind right. Shift weight to your right foot.

PADDLE TURN (ZOMBIE WALK) RIGHT & LEFT (FULL CIRCLE TO RIGHT & LEFT)

- 1 Keeping right foot in place, turn ¼ turn to right while pointing left foot to side; using it like a paddle.
- 2-3 Repeat step 1 twice
- 4 Repeat step 1, but at end shift weight to left foot.
- 5 Turn ¼ turn to left, keeping left foot in place and pointing right foot to side.
- 6-8 Complete rotation: repeat step 5 three times

WALK BACK (RIGHT-LEFT-RIGHT), TOUCH, FORWARD, LOCK-STEP, FORWARD, JUMP

- 1-4 Walk backward right, left, right and touch left beside right.
- 5 Step forward on left.
- 6 Lock-step forward right behind left.
- 7 Step forward on left.
- 8 Jump forward on both feet.

REPEAT
