

# W8 4 U

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Paul McAdam (UK) - September 2007  
音乐: Wait for You - Elliott Yamin



Count in: Start on vocals

Song: [Website](#)

- 1-8      SIDE, SAILOR, SAILOR, SIDE, TOES LIFT & STEP**  
1,2&3      Step left foot to left side, cross right foot behind left foot, step left foot slightly back, step right foot to right side  
4&5      Cross left foot behind right foot, step right foot slightly back, step left foot to left side  
6,7      Facing left diagonal, rock weight back onto both heels, lifting both sets of toes off the floor, roll forward onto balls of feet weight finishing on left foot  
&8      Heading towards left diagonal step forward on ball of right foot, step forward on left foot
- 9-16      CROSS UNWIND, BALL STEP ½ TURN, CROSS, SLIDE & HEEL GRIND, SIDE ROCK STEP**  
1,2      Cross right foot behind left foot, unwind a ½ turn right weight ends on right  
&3,4      Make a ½ turn right and step back on ball of left foot, step forward on right foot, cross left foot over right foot  
5,6      Step right foot a large step to right side, slide left foot to right foot (no weight)  
&7      Step back on ball of left foot, cross right heel in front of left foot  
&8      Grind right heel so toes go from left diagonal to right diagonal as you rock left foot to left side, recover weight onto right foot
- 17-24      ¼ TURN STEP LOCK, ¼ TURN SIDE, TWIST KNEE IN, TWIST KNEE OUT ON PRESS WITH LEG SWING, 2X BOUNCE, BALL CHANGE LEAN**  
1,2&      Make a ¼ turn right and step forward on left foot, lock right foot behind left foot, step forward on left foot  
3&4      Make a ¼ turn left and step right foot to right side, twist right knee in as right heel twists out, twist right knee out to right side whilst pressing onto ball of right foot and leaning weight completely to the right left leg swings out low to left side  
5,6      Put right heel on floor and bounce twice making a ¼ turn to the left, you will be leaning back slightly and left leg still hangs low with a flexed foot  
&7      Step back on ball of left foot and step right foot big step forward  
8      Lean back and push hips forward (weight on left)
- 25-32      WIZARD OF OZ STEPS, TOUCH, HIP ROLL WITH KNEE LIFT, DROP X2**  
&1      Step back on ball of right foot, step left foot to left diagonal  
2&3      Lock right foot behind left foot, step left slightly forward, step right to right diagonal  
4,5,6      Touch right toe next to left, step left foot to left side whilst beginning to roll hips anticlockwise, continue the roll taking weight on left foot and picking right knee up  
7,8      Step right foot to right side lean a little to the right and freeze, bend both knees sharp and freeze, weight ends on right.

**START AGAIN AND ENJOY!**

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