I'ma, I'ma, Ahhh!!

拍数: 32

级数: Intermediate

编舞者: Forty Arroyo (USA) - October 2013

音乐: Showstopper - Brandon & Leah : (Album: Cronies)

A Hayloft Floor Split – Inspired by the Intermediate Dance "Showstopper" by Scott Blevins; Dedicated to The Sturbridge Senior Gals

[1-8] WALK FORWARD – R L R L, MAMBO R, MAMBO L

- 1-4 Walk forward R, L, R, L
- 5&6 Rock R to side, Recover WOL, Step R next to L
- 7&8 Rock L to side, Recover WOR, Step L next to R

[9-16]WALK BACK, OUT, OUT, HOLD, HIP ROLL

- 1-4 Walk back R, L, R, L
- &5 Step R to side, Step L to side (shoulder width)
- 6 Hold
- 7,8 Roll hips counter clockwise for 2 counts ending with weight on L
- TAG HAPPENS HERE THE SECOND TIME YOU START THE DANCE AT
- 6 o'CLOCK (7th wall starting at 6 O'clock)

[17-24]WEAVE, ROCK, RECOVER, ¼ STEP, WALK R,L

- 1-4 Step R to side, Step L behind R, Step R to side, Cross L in front of R
- 5,6 Recover weight on R, Turning ¼ L step L forward
- 7,8 Step forward on R, Step forward on L

[25-32]JAZZ BOX w/ STOMP AND SAILORS (or triple in place)

- 1-4 Cross R over L, Step back on L, Step R to side, Stomp L slightly forward (WOL)
- 5&6 Cross R behind L, Step L to side on ball of L, Step R to side (or triple in place R,L,R)
- 7&8 Cross L behind R, Step R to side on ball of R, Step L to side (or triple in place L,R, L)

Start over...have fun!!

TAG: 4 COUNTS - (YOU WILL BE AT 6:00)

[1-4] V STEP

- 1-2 Moving forward: Step R out to side, Step L out to side
- 3-4 Stepping back to original position: Step R to center, Step L next to R

(option: just Hold for 4 counts)

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墙数:4