Weird People EZ

拍數: 32

級數: Easy Beginner

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#4 easy Restarts

Section 1: Walk x3, 1/4 pivot, Hip Rolls

- Walk R,L,R forward, Pivot 1/4 left, 1-4
- 5-8 Roll hips R,L,R,L.

Section 2: 1/4 turn Step X4 (with arm movements)

- 1-4 Step R 1/4 right, Hold, Step L 1/4 right, Hold,
- 5-8 Step R 1/4 right, Hold, Step L 1/4 right, Hold.

Section 3: Mambo X2, Body roll

- 1&2 3&4 Rock R to side, Recover L, Step R togeth, Rock L to side, Recover R, Step L togeth,
- 5-8 Step R to side bending at waist, Step L together rolling R shoulder up, Step R to side bending at waist, Step L together rolling R shoulder up.

Section 4: Repeat Section #2

Arm Movements: 1-2 L left arm straight up, right arm straight out

- Peter Pan both hands on hips, elbows out 3-4
- 5-6 Swimmer left arm up & front, right arm down & back
- 7-8 Hoochie coochie left hand on hip, right hand behind head

*Restarts

Wall #3: After Section #2 Wall #6: After Section #1 Wall #9: After Section #2 Wall #12: After Section #2

Begin Again! Enjoy!





牆數: 4