

Holla At Me

拍數: 32 牆數: 4 級數: Beginner +
編舞者: Michelle Carfora, Joey Wong & Erika Hempel - July 2020
音樂: No Scrubs (Iconic Performance) - LOCASH



Count In: when the main vocals start (~0:10, 16 counts)

[1-8]: Kick cross rock recover x 2, Cross and unwind, Hip bumps

1&2& Kick R forward, step R across, step L to side, recover on R
3&4& Kick L forward, step L across, step R to side, recover on L
5, 6 Step across with R, unwind ½ turn left (6:00)
7, 8 Hip bump, hip bump (weight on R)

[9-16]: Offset coaster step, Grapevine left, Rock recover w/ ¼ turn, Coaster step

1&2 Step L behind R, step R beside L, step L to side
3&4 Cross R behind L, step L to side, cross R in front of L
5, 6 Step L out with ¼ turn left (3:00), recover on R
7&8 L back, R together, L forward

[17-24]: Step pivot ½ turn, Lock step, Body roll, Step back, Touch back

1, 2 Step R forward, pivot ½ turn left (9:00) w/ weight on L
3&4 Step R forward, lock L behind R, step R forward
5, 6 Step L forward w/ body roll, settle back on R
7, 8 Step L back, touch R back

[25-32]: Pivot ½ turn, Prep, Full turn, Step & hold, Slide & shoulder bumps

1 Pivot ½ turn right (3:00) with weight on R
2 Step L forward
3, 4 Pivot ½ turn left (9:00), step R back, pivot ½ turn left (3:00), step L forward
5, 6 Step R beside L, hold (shift weight to R)
7, 8& Step L to side and slide R together (through end of count 8), shoulder bump x2

Tag: Step, Slide, Shoulder Shimmy x 4

At the end of Wall 5 you'll be facing 3:00 (musical break, 1:53)

1, 2, 3 Step R to side, slide L together with R
&4 Shoulder shimmy
5, 6, 7 Quarter turn left (12:00), step L to side, slide R together with L
&8 Shoulder shimmy

1, 2, 3 Quarter turn left (9:00), step R to side, slide L together with R
&4 Shoulder shimmy
5, 6, 7 Quarter turn left (6:00), step L to side, slide R together with L
&8 Shoulder shimmy

***Restart from the beginning with kick/cross, facing 6:00**

Ending: The song ends on the 8th iteration, which you start facing the front wall. At count 17 (step R forward), turn on the step to face the front wall.