Waz Up Waz Up

拍數: 32

級數: Beginner

編舞者: Unknown - 2017

音樂: WTF feat. Kid Sister & Pase Rock - Tittsworth

Bonus: Do this as a contra: Form two lines facing each other, about arms-length away. The cha-cha's and figure eights are danced through the space between the two people in front of you.

[1-8] SAILOR STEP (2X), KICKS

- 1&2 Step Right behind Left, Step Left to side, Step Right to side
- 3&4 Step Left behind Right, Step Right to side, Step Left to side
- 5,6 Kick Right Heel fwd, Step Right beside Left
- 7,8 Kick Left heel fwd, Step Left beside Right

[9-16] SQUAT & JUMPS & SWAYS

- 1,2 Squat down with both legs, straighten up
- 3,4 Jump Forward on both feet, Jump back on both feet
- 5-8 Step forward on Right and Sway Forward, Sway back, Sway Forward, Sway Back

(alternates for Sways: jump forward and back in syncopated time)

[17-24] CHA-CHAS FWD & BACK

- 1&2,3,4 Cha-cha forward on right, rock forward on left and recover on right
- 5&6,7,8 Cha-cha back on left, rock back on right and recover on left [25-32] FIGURE EIGHTS*
- 1&2,3,4 Step R Fwd, Close L, Step R Fwd, Step L Fwd, ½ Turn to R
- 5&6,7,8 Step L Fwd, Close R, Step L Fwd, Step R Fwd, ½ turn to L

(*alternative: 1/2 turn shuffles with Back Rocks, also known as "Ballrooms")

Taught by Kenny J at Boston Line Dance Showdown April 1, 2017.

Step description by Steve Cavanaugh (steve@appleblossom.net)





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牆數:1