Ohhh Behave

級數: Intermediate



拍數: 32

牆數:4

編舞者: Michele Burton (USA) 音樂: Think - Aretha Franklin

SHOWY ARM INTRO

Arm movements begin on count 17 of the introduction, on the word "Think"

Hip movement: Beginning to the right, weight shifts from right hip to left hip on every odd count

- 1-4 Right hand/arm up to high "V", hold, repeat with left arm, hold
- 5-6 Bring arms in, cross wrists at chest level, right arm over left (hands in fists), hold
- 7-10 Right arm out to low "V" (palms flashed at audience), hold, repeat with left arm, hold
- 11-14 Punch right arm across to left diagonal (chest level), hold, punch left arm across to right diagonal, hold
- 15-16 Body roll left (weight left foot on count 16)

BEGIN DANCE

TOUCH STEP, TOUCH STEP, TOUCH & TOUCH & TOUCH STEP FORWARD

The touch steps are done with hip action by pushing hip forward. Raise hands up from sides of body (palms down) for counts 5-8, or try "raising the roof"

- 1-4 Touch right toe forward, step down on right foot, touch left toe forward, step down on left foot
- 5&6& Touch right toe forward, sit back on left hip, touch right toe forward, sit back on left hip
- 7&8 Touch right toe forward, sit back on left hip, step forward on right foot

STEP 1/2 PIVOT, PONY LEFT, PONY RIGHT, PONY LEFT

Add "swim" arms if you like on counts 3-8. Counts 3-8 move forward due to counts 3, 5, & 7

- 1-2 Step forward on left foot, ½ pivot right, transferring weight to right foot
- 3&4 Left foot step forward left diagonal, step right beside left, step left beside right
- 5&6 Right foot step forward right diagonal, step left beside right, step right beside left
- 7&8 Left foot step forward left diagonal, step right beside left, step left beside right

STEP, BALL STEP, BALL STEP, BALL STEP, PUSH STEP, WALK BACK, BACK, BACK

Counts 1-4 include shoulder shimmies leaning forward OR try rib contractions with arms in "stick 'em up" position (elbows at armpit height)

- 1&2& Step forward on right foot, return weight to ball of left foot, step forward onto right foot, return weight to ball of left
- 3&4 Step forward onto right foot, return weight to ball of left foot, step forward onto right foot
- 5&6 Step forward onto left foot, push back onto right foot, step back on left foot
- 7-8 Walk back on right foot, walk back on left foot

TOUCH STEP, TOUCH STEP, CHUG & CHUG & CHUG & CHUG

The arm action for counts 5-8 is hands in fists, arms in "W". Using torso, bring right elbow down as right hip comes up (alternate action for counts 5-8

- 1-2 Touch right toe to right (bend left support leg), right foot step forward
- 3-4 Touch left toe to left (bend right support leg), left foot step forward
- 5& Touch right toe to right (pushing right hip to right and turning 1/16 left on ball of left foot), sit on left hip
- 6&7&8& Repeat count 5 three more times to complete a ¼ turn left on ball of right foot

It is important to have the right foot touching directly to the right at the end of count 8

REPEAT

BIG FINISH OPTION The big finish comes on the 12th wall, after counts 17-24