Verse Of Wisdom



拍數: 32 牆數: 4 級數: Intermediate hip hop

編舞者: Edwin Cheow (MY)

音樂: Khong Zhi Ye - Roman Tam



INTRO ONLY

OUT OUT, IN IN, TAP, TAP, TOUCH, 1/4 TURN LEFT TO START NEW STEP (REPEAT 4 TIMES)

1& Step right out, step left out (right hand out, left hand out)

2& Step right in, step left in (right hand on left shoulder, left hand on right shoulder)

Tap right beside left twice (both hands knocking together twice)
 Touch right to right, hold, (throw both hands outwards waist level)

1/4 turn left when you start a new step

Repeat 4 times (all 4 walls)

THE MAIN DANCE

SCISSOR STEP RIGHT, SCISSOR STEP LEFT, PADDLE TWICE WITH ½ TURN LEFT, SHUFFLE FORWARD RIGHT-LEFT-RIGHT

Step right to right, step left beside right, cross right over left
Step left to left, step right beside left, cross left over right
Step right forward, ¼ turn left

6& Step right forward, ¼ turn left
7&8 Shuffle forward on right-left-right

TOE HEEL STOMP LEFT, TOE HEEL STOMP RIGHT WITH ¼ TURN RIGHT, STEP LEFT DIAGONALLY LEFT, TOUCH RIGHT, STEP RIGHT DIAGONALLY RIGHT, TOUCH LEFT, ¼ TURN LEFT, SHUFFLE FORWARD LEFT-RIGHT-LEFT

Touch left toe beside right, touch left heel beside right, stomp left beside right

Touch right toe beside left, touch right heel beside left, stomp right beside left with ¼ turn

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Step left diagonally left, touch right beside leftStep right diagonally right, touch left beside right

7&8 ¼ turn left, shuffle forward left-right-left

MAMBO RIGHT, MAMBO LEFT, ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, SHUFFLE FORWARD RIGHT-LEFT-RIGHT

Step right to right, recover, step right beside left Step left to left, recover, step left beside right

5& Step right forward, recover
6& Step right backward, recover
7&8 Shuffle forward right-left-right

PIVOT WITH 1/4 TURN RIGHT, STEP LEFT FORWARD, MAMBO RIGHT, TOUCH RIGHT TWICE, TOGETHER, TOUCH LEFT, TOGETHER, TOUCH RIGHT, HOLD

Step left forward, ¼ turn right, step left forward
 Step right to right, recover, step right beside left
 Touch right to right, hook right beside (weight on left)

Touch right to right, step right beside left
 Touch left to left, step left beside right

8& Touch right to right, hold repeat

REPEAT

TAG 1

Intro (repeat 4 times) and beginning of 7th wall (repeat 7 times)

OUT OUT, IN IN, TAP, TAP, TOUCH, 1/4 TURN LEFT TO START NEW STEP

1& Step right out, step left out (right hand out, left hand out)

2& Step right in, step left in (right hand on left shoulder, left hand on right shoulder)

Tap right beside left twice (both hands knocking together twice)
 Touch right to right, hold, (throw both hands outwards waist level)

1/4 turn left when you start a new step

TAG 2

Happens after count 16 of 1st wall and middle of 5th and when the children sings on 16th, 17th, 18th wall HIP BUMPS RIGHT WITH ¼ TURN RIGHT

1&2 Hip bumps right, left, right with ¼ turn right After doing "tag 2" we will restart the song again from "Main A"