

Wait A Minute

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate hip hop
編舞者: Joanne Wong (MY)
音樂: Wait A Minute - The Pussycat Dolls



SIDE, TOGETHER, TOE SWITCHES, CROSS UNWIND FULL TURN, BODY ROLL

1-2 Step right to right side, step right beside left
Arms: clasp hands above head, drop both hands down to side
3&4 Touch right out to right side, step right beside left, touch left out to left side
Arms: cross right arm over head, extend right arm out to right side
5-6 Cross left over right, unwind full turn right, weight on right
Arms: place right arm in front of body, chest level, drop right arm
7-8 Body roll to left side, weight on left

JUMP, SLIDE ¼ LEFT, JUMP, HIP BOUNCES WITH ARMS

1 Jump on the spot with feet together
2-3 With a ¼ turn left, slide right to right side, dragging left beside right (2, 3)
4 Jump on the spot with feet together
5-6 Step right to right side, bounce hips inwards twice
Arms: extend right arm out with palms face out
7-8 With a swift ½ turn left, repeat counts 5-6 with arms
Alternative: do 2 chest pumps for 5-6 and repeat with ½ turn left

STEP BACK, HOLD, LOOK UP, FRONT, KNEE POPS WITH ARMS

1-2 Step left slightly behind right, popping right knee, hold
Arms: slice both arms out to side, waist level, hold
3-4 Tilt head upwards, looking up, look front with head back down
5-6 Step back on right popping left knee, step back on left popping right knee
7-8 Repeat counts 5-6
Arms: repeat arms for count 1 for 4 times

HITCH ¾ LEFT, 2 X STEP PIVOT ½ TURN LEFT

1-4 Hitch right knee 4 times, making a ¾ turn left, facing 6:00
Alternative: walk around right, left, right, left making a ¾ turn left
5-6 Step forward on right, pivot ½ turn to left
7-8 Repeat counts 5-6
Do a body roll to complement the pivot turns

SIDE, HOLD, HITCH, STEP DOWN, HIP ROLLS

1-2 Step right to right side, hold
Arms: slice both arms out to side, waist level, hold
3-4 Hitch right knee diagonally, step right out to right side
Arms: slice arms inwards, left above right, waist level, slice both arms out to side, waist level
5-6 Roll hips to the left from left to right, weight ending on left
7-8 Roll hips to the right from right to left, weight ending on right

& SIDE, LOOK LEFT, HITCH, STEP DOWN, & SIDE, LOOK RIGHT, HITCH, STEP DOWN

&1-2 Step right beside left, step left to left side, look towards left
3-4 Hitch left knee diagonally, touch left out to left side
Arms: slice both arms inwards, with left over right, waist level, slice both arms out to side, waist level
&5-6 Step left beside right, step right to right side, look towards right
7-8 Hitch right knee diagonally, step right to right side
Arms: repeat arms for counts 3-4

Counts 5-8 is a mirror image of counts 1-4

BEHIND, SIDE, TOGETHER, JUMP, BEHIND, FORWARD WITH ¼ TURN LEFT, TOGETHER, JUMP

- 1-3 Cross left behind right, big step right to right side, step beside right
- 4 Jump with both feet together
- 5-7 Cross right behind left, step left forward with a ¼ turn left, step right beside left
- 8 Jump with both feet together

CHEST PUMPS

- 1-4 Take 4 small steps forward, starting with right, with chest pumps
- *As you step forward, tilt body side to side, from right to left and vice versa**
- 5&6 Step right beside left, tilt body slightly to right side and do 3 (or 2) chest pumps
- 7&8 Tilt body slightly to left side and do 3 (or 2) chest pumps

Arms: clench palms into fists, place fists at chest level, facing each other while doing chest pumps from counts 1-8

REPEAT

TAG

After wall 1, start the dance again from the 3rd 8, i.e. Leaving out the first 16 counts. Do only 32 counts and start the dance again, facing 6:00

RESTART

On wall 5, do the first 48 counts and start the dance again, facing 6:00
