

Wild, Wild West (Virginia)

拍數: 48 牆數: 4 級數: Advanced
編舞者: Mare Dodd (USA)
音樂: Wild Wild West - Will Smith



STAR PATTERN; SYNCOPATED HOP FORWARD & CLAP; & HOP, & HOP (WITH ARMS):

1 Touch left toe out to left side
&2 Hop on left & turn ¼ left, touch right toe back
&3 Hop on right & turn ¼ left, touch left heel forward
&4 Hop on left, touch right toe back
&5-6 Quickly hop forward right-left (shoulder width apart), clap
&7&8 Quick hop forward right-left, quick hop forward right-left
Extend left arm forward like grabbing the reins of a horse; "lasso" with right arm

HIP ROLLS WITH ARMS EXTENDED FORWARD AT CHEST LEVEL - RIGHT HAND OVER LEFT HAND:

1-2 Roll hips from left to right
3-4 Roll hips from right to left
5-6 Roll hips from left to right
7-8 Roll hips from right to left

"THE WILD, WILD, WEST" (ARM WORK AS IN VIDEO)

1 Raise right hand up - palm out - sweep it down to the left, around & up - making a figure 8
2 With right hand up & fist clenched: pull straight down
3 Extend left arm forward with fist clenched like holding horse reins
4 Leaving left arm extended, slap/brush right hand against right thigh (like whipping a horse)
&5 Leaving left arm extended & "whipping horse", turn 1/8 left taking quick step right & quick step left (out-out)
&6 Repeat &5 (will have turned a total of ¼ turn left)
& Quick step back on right
7&8 Leaving left arm extended & raising right hand to "lasso", quick step forward on left moving head forward & back as you lasso twice

FOUR SAILOR SHUFFLES WITH SCUFFS:

1&2& Step right behind left, step left in place, scuff right, step on right
3&4& Step left behind right, step right in place, scuff left, step on left
5&6& Step right behind left, step left in place, scuff right, step on right
7&8 Step left behind right, step right in place, scuff left

BALL-CHANGE-STEP; SHUFFLE FORWARD RIGHT-LEFT-RIGHT; ROCK-RECOVER; TURNING TRIPLE:

&1-2 Step back on left, step forward on right, step forward on left
3&4 Shuffle forward right-left-right
5-6 Rock forward on left; recover back on right
7&8 Turning 1&½ left, triple in place left-right-left (now facing back wall)

POINT-BALL-CROSSES MOVING FORWARD:

1&2 Point right toe to right side, step left in place, cross right over left
3&4 Point left toe to left side, step right in place, cross left over right
5&6 Point right toe to right side, step left in place, cross right over left
7&8 Point left toe to left side, step right in place, step left beside right

KNEE ROLLS & KNEE "BANGS":

1-2 Turn left knee out to left & return - 2 counts

3-4 Turn right knee out to right & return - 2 counts
&5&6 Roll left knee out & return; roll right knee out & return
7&8& Bring knees together, turn knees out, bring knees together, turn knees out (weight on right)

REPEAT
