

Y.A.W.E.E. (Yes Again With Energetic Elbows)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數:
編舞者: Pchi
音樂: Don't You Throw That Mojo On Me - Wynonna



You Actually Want Energetic Elbows?

JUMP CROSS, HEEL SWIVEL, KICK, HEEL SWIVEL, ELBOWS

- 1-2 Jump right foot across left, jump feet back to center keeping hip width apart
- &3 Swivel heels right, place back to center
- &4 Kick right foot, place back to center keeping hip width apart
- &5 Swivel heels right, make ¼ turn right (right foot should be in front of left)
- 6 Bring left foot beside right (feet should be together)
- 7 Bring right elbow up (side) in line with shoulder (bring back to side)
- 8 Bring left elbow up (side) in line with shoulder (bring back to side)

KNEE BENDS, BODY ROLL, JUMP CROSSES AND BODY ROLLS

- 9 Raise heels bend knees (out) with right arm in front of body, bending elbow
- & Bring everything back to center, straightening arm
- 10&11 Repeat steps 9&10
- 12 Body roll up from knees to head
- &13 Jump right foot across left, jump feet back to center keeping hip width apart
- 14 Body roll up from knees to head
- &15-16 Repeat steps &13-14 crossing left foot in front of right

If you don't like body rolls "pause" or use the beat for anything you like.

TRIPLE STEPS, KICKS, UNWIND A FULL TURN

- 17&18 Triple step forward right, left, right
- 19&20 Triple step back left, right, left
- 17-20, keep on the balls of your feet, to help with speed when dancing to faster tracks**
- 21& Keep all body parts facing front kick right foot out to right side, replace to center
- 22-23 Keep all body parts facing front kick left foot out to left side, cross left over right
- 22-23 should be more a circular motion**
- 24 Unwind a full turn (ending with weight on left foot)

ROLLING GRAPEVINES WITH A KICK BALL TOUCH

- 25-26 Make a half turn right stepping on to right, make a half turn right stepping on to left
- 27&28 Kick right foot front, replace to center, touch left foot beside right
- 29-32 Repeat steps 25-28 to the left

REPEAT