Have A Ball



拍數: 32 牆數: 4 級數: Intermediate/Advanced

編舞者: Michelle Jackson (USA) & Alana Johanson (USA)

音樂: Sexy 17 - David Guetta



FUNKY APPLEJACKS, CROSSING TOE STRUTS WITH SHOULDERS

Step on ball of right foot, open left foot to left keeping left heel pressed to the floor Step on ball of left foot, open right foot to right keeping right heel pressed to the floor

&3&4 Repeat &1&2

5&6 Step right toe to right with heel up (5&) step right heel down (6) (shoulders double time,

dropping left shoulder first; left, right, left)

&7&8 Cross left over right stepping down on toe with heel up (&7), step left heel down (&8)

(shoulders double time, starting with left shoulder up, down, up, down)

ARM AND FEET SWITCHES

1 Right toe point to right

Arms: left arm point to left, right arm across chest

&2 Step on right next to left, point left foot forward

Arms: bring left arm under right arm (genie position)

&3 Bring left foot next to right with weight, point right toe forward

Arms: arms point forward with right toe

&4 Touch left next to right taking weight on right foot while pulling body forward with body roll,

5-8 Repeat 1-4, but on opposite side

TOES IN, OUT WITH FLICK 1/4 TURN, HITCH & TOUCH 1/4 TURN, TILDE SLIDE, SNAP KNEE, ARM, HEAD

1&2 Swivel toes in, out (1&) flick right foot out to right with ½ turn to left (2) 3:00 wall

3&4 Brush right foot (3) hitch right knee up with ¼ turn left (&) touch right toe out to the side (4)

6:00 wall

5&6 Tilde - slide (like a snake movement) with right foot, touching right toe next to left

7&8 Snap right knee out to the right (7), snap right hand out to the right keeping elbow close to

your body(&) look to the right (with a quick snap of the head)(8) looking towards 3:00 wall

KICK 1/4 TURN CROSS STEP, BRUSH SHOULDERS, ARM TWIRLS, CROSS 1/2 TURN

1&2 Kick out with right foot turning ¼ turn to the right, cross right over left, step left out to left side

squaring up to 3:00 wall

3-4 Brush left shoulder with right hand while moving torso to the right (3), brush right shoulder

with left hand while moving torso to the left (4)

Arms: cross right arm over left arm like an 'x' (arms bent)(5), rotate so arms are bent and

elbows are together - arms should look like a 'v' (&) continue to rotate arms around so now your left arm is crossed over your right arm like an 'x' and bring them down to your sides (6)

Feet: toes in (5), heels in (&), feet together (6) weight should be on the right foot

&7-8 Step on left foot (&) cross right foot over left foot (7) unwind for ½ turn over your left shoulder

(8) 9:00 wall, weight should be on your left foot

REPEAT

TAG

On the first wall replace the final steps &7-8 with these steps

&7 Step left, right with ¼ turn to your left

&8 Step left, touch right with ¼ turn to your left

In the song it says "giddy up"

Weight ending on your left foot to start the dance over

