

拍數: 32 牆數: 4 級數: Intermediate
編舞者: John Robinson (USA) & Junior Willis (USA)
音樂: Hear Us Now - Southside Rockers : (CD: Street Dance)



Begin the dance 32 counts after the big beat kicks in (there's a 16-count intro before that starting with laughter, one of the band members saying "Yo, once again it's the Southside, and we're gonna smooth it out a little bit" followed by some instrumentation and all the guys singing "All around the world..." etc.). Don't dance yet - you'll start with the first verse, when the vocalist sings, "Yo, hear us now...."
If you have any problems locating the music, John has the CD for sale.

L BACK ROCK, RECOVER, HITCH & R KICK-STEP-TOUCH, L ROCK FORWARD, RECOVER & BUMP BACK TWICE

1&2& (Rock & hitch &) L rock back ball of foot (1), recover to R (&), raise L knee (hitch) (2), L step down (&)
3&4 (Kick-step-touch) R low kick forward (3), R step forward (&), L touch behind R (4)
5,6 (Rock, step) L rock forward ball of foot (5), recover to R (6)
&7,8 (& Bump, bump) L step back (&), bump hips back twice (7,8)

R STEP FORWARD, LOCK, & CROSS ROCK-RECOVER-TURN 1/4 LEFT, TURN 1/2 LEFT, STEP TOGETHER, HIP SHAKE UP & DOWN &

1,2 (Step, lock) Angling body toward left diagonal (11:00) R step forward toward 12:00 (1), L lock behind R (2)
&3,4 (& Rock & turn) R small step forward (&), L rock ball of foot across R opening up 1/4 turn left (9:00) (3), recover to R (&), pivot 1/4 left (6:00) stepping L forward (4)
5,6 (Turn, together) Pivot 1/2 left (12:00) stepping R back (5), step L behind R in 3rd position (L instep to R heel) (6)
7&8& (Up & down &) Bump hips right raising body slightly (7), bump hips left returning body to center (&), bump hips right lowering body slightly (8), bump hips left returning body to center (&)

WALK FORWARD R-L, & SIDE BALL-CHANGE, CROSS, L SIDE, BEHIND, R TOUCH ACROSS L TWICE

1,2 (Walk, walk) R step forward (1), L step forward (2)
&3,4 (Ball-change, cross) R rock ball of foot side right (&), recover to L (3), R step across L (4)
5,6 (Side, behind) L step side left (5), R step behind L (6)
&7,8 (& Touch, touch) L step side left (&), R toe touch across L twice (7,8)

TURN 1/4 RIGHT, TURN 1/2 RIGHT, COASTER STEP, L TOUCH FORWARD, BACK, SYNCOPATED RUN TURNING 1/2 LEFT

1,2 (Quarter, half) Pivot 1/4 right (3:00) stepping R forward (1), pivot 1/2 right (9:00) stepping L back (2)
3&4 (Coaster step) R step back ball of foot (3), L step ball of foot next to R (&), R step forward (4)
5,6 (Forward, back) Angling body slightly left, L toe touch forward (5), L toe touch back (6)
7&8& (Cross & cross &) Begin 1/2 turn left stepping L across R (7), continue 1/2 turn left stepping R ball of foot side right (&), finish 1/2 turn left (3:00) stepping L across R (8), R step back (&)

START AGAIN AND ENJOY!

TAG: After the 7th repetition you will hear a 4-count buildup in the music as the guys in the band say ?Ohhhh!? gradually getting louder.

Cross L over R on count 1 and unwind clockwise one full revolution on counts 2-4, finishing with weight on R. Start the dance again.

