Whoa



拍數: 32 牆數: 2

編舞者: Kate Brick - May 2006

音樂: Whoa - Lil' Kim

級數: Intermediate



Intro: 48 counts from start ? 32 counts of lyrics (33 seconds)

······································					
Side, Pull arm bump, Punch South, Bump, Side cross, side kick ¼ toe strut					
Step R to R side (1)					
With R fist in front of L shoulder forming a horizontal line, Force R Elbow to R side whilst					
bumping hips R sharply (&)					
Punch R fist to the ground					
Bump hips L whilst holding the fist position (Do not take weight onto L) (&)					
Step L to L (3) Cross R over L (4) Step L to L (5) Kick R diagonally fwd (6)					
Make ¼ turn R touching R toe fwd (7) take weight onto R (8)					

Single counted jazz box, syncopated jazz box HOLD Scissor Cross

1,2,3,4	Cross L over R (1) Step back on R (2) Step L to L (3) Cross R over L (4)
5&6&	Cross L over R (5) Step back on R (&) Step L to L (6) Cross R over L (6)
7	HOLD (7)
001	Stop L to L (8) Close D (8) Stop L corresp D (1)

8&1 Step L to L (8) Close R (&) Step L across R (1)

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- 3&4 Step back L (3) Close R (&) Step L fwd (4)
- 5,6 Make ¹/₄ L touching R to R (5) Make ¹/₄ L touching R to R (6)
- 7 HOLD (7)
- &8,1 Cross R over L (&) Step L long step to L (8) Touch R next to L (1)
- NOTE: The cross step on &8,1 should be emphasised almost into a jump

- 2 Make ¹/₄ R stepping R fwd (2)
- 3&4 Make ¼ R rocking L to L side (3) recover on R (&) Cross L over R (4)
- &5 Step R a small step to R (&) Sweep L behind R making $\frac{1}{2}$ L
- &6Jump back onto L hitching R knee (&) Touch R next to L (6)
- 7,8 Walk fwd R (7) L (8)

Start again!