

Word Up

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Crazy Chris (UK)

Musik: Word Up! - Cameo



KICK HITCH, & TOUCH, TOUCH FLICK, BUMP & BUMP, BUMP & ¼ TURN

- 1-2 Kick right to right side, hitch right knee across left
&3&4 Step right beside left, point left forward, point left to left side, flick left behind right knee slapping hand on foot
5&6 Step back on left bumping hips back, bump hips forward, bump hips back
7&8 Bump hips forward, bump hips back, bump hips forward turning ¼ turn left

BEHIND & IN FRONT, ROCK & CROSS, ROCK RECOVER, SAILOR ½ TURN CROSS

- 1&2 Step left behind right, step right to right side, step left across right
3&4 Rock right to right side, recover onto left, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Step left behind right, turn ½ turn over left shoulder stepping right to right side, cross left over right

STEP CROSS, ROCK RECOVER, CROSS SHUFFLE, BUMP & BUMP, ¼ TURN BUMP & BUMP

- 1-2 Step right to right side, cross left over right
3&4 Rock right to right side, recover onto left, cross right over left
5&6 Step left to left side bumping hips left, bump hips right, bump hips left
7&8 ¼ turn right stepping right to right side bumping hips right, bump hips left, bump hips right

¼ TURN BUMP & BUMP, ROCK RECOVER ¼ TURN, STEP ½ TURN STEP, STEP ¾ TURN

- 1&2 ¼ turn right stepping left to left side bumping hips left, bump hips right, bump hips left
3&4 Rock right diagonally back, recover onto left, ¼ turn right stepping forward right
5&6 Step forward left, ½ turn over right shoulder stepping forward onto right, step forward onto left
7-8 Step forward onto right, ¾ turn over left shoulder taking weight onto left

REPEAT
