What U See Is What U Get



拍数: 32 编数: 2 级数: Intermediate

编舞者: Lori Manary (USA) - December 2009

音乐: What U See Is What U Get - Daniel Smith: (iTunes)



Start with Vocals

Pattern of dance: 32, 32, 32, 32, 32, 1st Tag/Repeat 17-28, Restart/32, 32, 32, 32, 32, 2nd 4ct Tag/Repeat 29-32, Restart/32's till music ends

TRIPLE R (R,L,R) ½ TURN TO R, TRIPLE L (L,R,L) ½ TURN TO R, TRIPLE R (R,L,R) HIP SWAY L/R

1&2	Side Step R (1), Step L next to R (&), Side Step R (2), R takes weight
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3&4 ½ turn right transferring weight to L, Step L (3), Step R next to L (&), Side Step L (4), R takes

weight

5&6 ½ turn right, transferring weight to R, Side Step R (5), Step L next to R (&), Side Step R

(6),end with weight even

7, 8 Sway L hip to L (7), Sway R hip to R (8), R takes wt (12:00)

1 4 TURN TRIPLE STEP (L,R,L) STEP OUT OUT R/L, 2 KNEE POPS W/HEEL LIFTS, SMALL SWEEP 1 4 TURN R

9&10	With weight on R, ¼ pivot turn to L, Step L (9), Step R next to L (&), Side Step L (10), L takes

weight

11,12 Step R slightly forward and out to R side (11), step L slightly forward out to L side (12), end

on even weight

13,14 Lift both heels up/down (13), lift both heels up/down (14), at the same time popping both

knees, R takes wt

15,16 Pivoting ¼ turn on R while sweeping L around (15), step L next to R (16), L takes wt (12:00)

(Note: bending arms at the elbow, raise and lower hands from hip up to waist level of body, (up and down) in sync with the heel pops - to accent knee pops)

TRIPLE FORWARD (R,L,R), TOUCH L HEEL FORWARD, TOUCH L TOE BACK, TOUCH L HEEL TO L SIDE, HEEL DIG 1/4 TURN L, COASTER STEP (L,R,L)

17&18	Step R forward (17), Step L next to R (&), Step R forward (18), R takes weight
19, 20	Touch L heel forward (19), touch L toe back (20), keeping weight on R
21,22	Touch L heel slightly out to L side (21), heel dig ¼ L, while pivoting on R (22)
23&24	Step L back (23), step R next to L (&), step L forward (24), L takes weight (9:00)

2 HIP ROLLS 1/8 TURN TO L, 2 SAILOR STEPS, L,R

25, 26	Touch R ball of toe slightly forward (25), make 1/8 hip roll to L (26)
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27, 28	Step slightly forward with R (27), make a 1/8 hip roll turn to L using R toe to turn body (28) L
	takes wt
29&30	With weight on I. Step R slightly behind I (29). I hall change (&) step to R (30). R takes wt

29&30	With weight on L Step R slightly behind L(29), L ball change(&), step to R (30), R takes wt
31&32	With weight on R Step L slightly behind R (31),R ball change(&), step to L (32), L takes wt

(6:00)

First Tag: At the end of the 5th wall, Repeat steps 17-28, then Restart the top of the dance

Second Tag: At the end of the 10th wall, Repeat steps 29-32, which means you'll be repeating the sailor steps, then you do the dance till the song ends.