

# Podabe

拍数: 32                      墙数: 4                      级数: Intermediate  
编舞者: Guyton Mundy (USA)  
音乐: Vibrate - Petey Pablo & Rasheeda : (Clean Version)



Said "Poh-duh-bee", as in "what're we podabe doin'?". This dance is all about what you put into it. Play with the music and give it your own flava

## HITCH/PUNCH & KNEES, ROCK-RECOVER-CROSS, TURN, TRIPLE FORWARD

- 1&                      Bend left knee slightly and hitch (lift) right knee while punching right fist straight down and bending left arm so elbow is at your side and left fist is at left shoulder, step right foot next to left and drop arms
- 2&                      Keeping feet together bend both knees aiming left knee to left and right knee to right while arms are down at sides with hands horizontal to floor, straighten up and drop hands taking weight on right
- 3&4                     Rock (small step) side left, recover weight on right, step left across right
- 5&6                     Triple step  $\frac{3}{4}$  left turn to face 3:00 (that is, turn  $\frac{1}{4}$  left to face 9:00 stepping back right, turn  $\frac{1}{4}$  left to face 6:00 stepping side left, turn  $\frac{1}{4}$  left to face 3:00 stepping forward right)
- 7&8                     Walk forward left, right, left

## BACK, HITCH, SIDE-BEHIND-SIDE, TURN, HITCH, TRIPLE WALK BACK

- 1-2                     Step back right, turn  $\frac{1}{4}$  left to face 12:00 hitching (lift) left so knee is angled slightly to left
- 3&4                     Step side left, step right crossing behind left, step side left
- 5-6                     Turn  $\frac{1}{4}$  left to face 9:00 stepping forward right, On ball of right foot turn  $\frac{1}{2}$  left to face 3:00 and hitch (lift) left knee

**Hands: On count 6, bring hands up to chest level, elbows close to body, close fist, palms in, thumbs out, pinkies bent but slightly raised**

- 7&8                     Keep elbows close to body - step back, left, right, left as you shrug shoulders

## STEP, TOUCH, STEP, TOUCH, $\frac{1}{4}$ TURN/STEP, TOUCH, STEP, TOUCH

- 1-2                     Step back right while making a  $\frac{1}{4}$  turn to the right, slide left foot onto right while shrugging shoulders up, down, up, down, on counts &1&2
- 3&4                     Step forward left, right, left
- 5-8                     Step back right and "pop" upper body by moving in freestyle fashion (play with it!), but freeze position at each  $\frac{1}{2}$  count (5& 6& 7& 8) as you slowly turn  $\frac{1}{2}$  left to face 12:00 while sliding left foot to end with weight forward on left

## STEP, SPIRAL WITH HITCH, TRIPLE, STEP, PRESS/RECOVER, $\frac{1}{4}$ TURN, STEP

- 1-2                     Step forward right, spiral full turn left on left (slightly hitching the left foot) to face 12:00 keeping weight on right
- 3&4                     Walk forward left, right, left
- 5-6                     Step forward on right foot, press forward on ball of left
- 7-8                     Slide right foot slightly back and take weight while starting a  $\frac{1}{4}$  turn to the right, finish  $\frac{1}{4}$  turn stepping forward on left

## REPEAT

## RESTART

On the 10th wall do the first 16 counts of the dance and restart