

Trippin'

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Neville Fitzgerald (UK)
音乐: Wait A Minute - The Pussycat Dolls



TWIST, TWIST, ¼ TURN, HITCH, COASTER STEP, STEP ¼ PIVOT

1-2 Twist both heels to left, twist both heels to right
3-4 Twist both heels left making ¼ turn to right, hitch right knee
5&6 Step back on right, step left next to right, step forward on right
7-8 Step forward on left, pivot ¼ turn to right

FUNKY WALK, WALK, TOUCH, STEP, HIP ROLLS

1-2 Walk forward on left-right (rolling knees.. Looking funky)
3-4 Touch left next to right, step forward on left
5-8 Stepping right to right side roll hips right-left-right-left (weight finish on left)

& CROSS, POINT, CROSS, ROCK & CROSS, ¼, ¼, KICK & WALK

&1 Step right next to left, cross step left over right
2-3 Point right to right side, cross step right over left
4&5 Rock to left side on left, recover on right, cross step left over right
6-7 Make ¼ turn to left stepping back on right, ¼ turn to left stepping forward on left
8&1 Kick right forward, step right next to left, step forward on left

WALK, WALK, ¼ TURN FLICK, CROSS, SIDE, SAILOR STEP

2-3 Walk forward right-left (funky)
4 Make ¼ turn to left on ball of left as you flick right out behind
5-6 Cross step right over left, step left top left side
7&8 Cross step right behind left, step left to left side, step right to right side

CROSS, ¼ TURN, COASTER STEP, ½ TURN, ¼ TURN, CROSS, SIDE

1-2 Cross step left over right, make ¼ turn left stepping back on right
3&4 Step back on left, step right next to left, step forward on left
5-6 Make ½ turn to left stepping back on right, ¼ turn to left stepping left to left side
7-8 Cross step right over left, step left to left side

SAILOR ¼, ¼ TURN, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1&2 Step right behind left, make ¼ turn to right stepping left to left side, step right to side
3-4 Make ¼ turn to right stepping left to left side, touch right next to left
5-6 Step right to right side, touch left next to right
7-8 Step left to left side, touch right next to left

& BACK X4, SIDE, BEHIND & HEEL & CROSS

&1 Step back on right, step back on left... (feet shoulder width apart)
&2&3&4 Repeat steps &1
5-6& Step right to right side, cross step left behind right, step right to right side
7&8 Touch left heel forward diagonally left, step left to left side, cross step right over left

SIDE, BEHIND & HEEL & STEP, STEP, ½ PIVOT, STEP, TWIST

1-2& Step left to left side, cross step right behind left, step left to left side
3&4 Touch right heel forward, step right next to left, step forward on left
5-6 Step forward on right, pivot ½ turn to left

7-8

Step forward on right, twist both heels to right

REPEAT

RESTART

On wall 2, dance to count 32 then restart from beginning

On wall 5, dance to count 48 then restart from beginning
