

Whoops

拍数: 0 墙数: 4 级数: Advanced
编舞者: Caz Mawby (UK)
音乐: Whoop - Holly Valance



Sequence: A B C 1st tag A B C 2nd Tag B C C Ending

SECTION A

TOE POINTS X 3, STEP, HEEL BOUNCES WITH ¼ TURN RIGHT, COASTER STEP

- 1-4 Point right toe to side, place right next to left, point left toe to side, place left next to right, point right toe to side, place right next to left, step forward onto left
- 5&6 Bounce both heels turning a ¼ turn right
- 7&8 Step back onto right, left together next to right, step forward onto right

STEP PIVOT ½ TURN, LEFT SHUFFLE FORWARD, STEP PIVOT ¼ TURN, CROSS SIDE CROSS

- 1-2 Step forward on left, pivot ½ turn over right shoulder
- 3&4 Step forward on left, close right up to left, step forward on left
- 5-6 Step forward on right, pivot ¼ turn left
- 7&8 Cross right over left, side step left to side, cross right over left

LEFT FORWARD ROCK, COASTER STEP, CROSS ROCK, TRIPLE ¾ TURN

- 1-2 Rock forward on to left, recover weight back onto right
- 3&4 Step back onto left, step right together next to left, step forward onto left
- 5-6 Cross right over left, recover weight back onto left
- 7&8 Triple ¾ turn over right shoulder on a right left right

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, SAILOR STEP

- 1-2 Rock left to side, recover weight onto right
- 3&4 Cross left behind right, step right to side, cross left over right
- 5-6 Rock right to side, recover weight onto left
- 7&8 Cross right behind left, step left to side, step right to place

SECTION B

CROSS ROCK, FULL TURN LEFT, CROSS ROCK, CHASSE RIGHT

- 1-2 Cross rock left over right, recover weight back onto right
- 3&4 Make a full turn to left side, stepping left turn a ¼ turn left, step back onto right ½ turn, step left to side ¼
- 5-6 Cross rock right over left, recover weight onto left
- 7&8 Step right to side, close left up to right, step right to side

CROSS ROCK, FULL TURN LEFT (WITH OPTIONAL ARM MOVEMENTS), CROSS ROCK CHASSE RIGHT

- 1-2 Cross rock left over, recover weight onto right
- 3&4 Make a full turn to left side, stepping left turn a ¼ left, step back onto right ½ turn, step left to side ¼ (as you make the turn raise both arms (head-height) fingers touching)
- 5-6 Cross rock right over left, recover weight onto left
- 7&8 Step right to side, close left up to right, step right to side

CROSS ROCK, SHUFFLE WITH ¼ TURN, STEP PIVOT ¼ TURN, RIGHT CROSS SHUFFLE

- 1-2 Cross rock left over right, recover weight onto right
- 3&4 Step left to side making a ¼ turn left, close right up to left, step forward left
- 5-6 Step forward onto right, pivot ¼ turn left

7&8 Cross right over left, side step left to left side, cross right over left

FORWARD ROCK, TRIPLE FULL TURN (WITH OPTIONAL ARM MOVEMENTS) CROSS ROCK, CHASSE RIGHT

1-2 Rock forward onto left, recover weight back onto right
3&4 Triple full turn over left shoulder on a left right left (with arm movements - as before)
5-6 Cross rock right over left, recover weight onto left
7&8 Step right to side, close left up to right, step right to side

SECTION C

STEP OUT LEFT, STEP OUT RIGHT, FORWARD MAMBO, COASTER STEP, ROCK & CROSS

1-2 Step left out to side slightly forward (raise palms of hands), step right out to side slightly forward (raise palms of hands)
3-4 Rock forward onto left, recover weight back on to right, place left next to right
5&6 Step back onto right, step left together next to right, step forward onto right
7&8 Rock left to side, recover weight onto right, cross left over right

HEEL SWITCHES, STEP, SLIDE, HEEL SWITCHES, STEP, SLIDE

1&2& Angling body to the right, tap right heel forward, place right, tap left heel forward, place left
3 Angling body to the right, long step forward with right
4 Slide left up to right
5&6& Angling body to left, tap left heel forward, place left, tap right heel forward, place right
7 Angling body to the left, long step forward with left
8 Slide right up to left

STEP OUT RIGHT, STEP OUT LEFT, FORWARD MAMBO, COASTER STEP, ROCK AND CROSS

1-2 Step right out to side slightly forward (raise palms of hands), step left out to side slightly forward (raise palms of hands)
3-4 Rock forward onto right, recover weight back on to left, place right next to left
5&6 Step back onto left, step right together next to left, step forward onto left
7&8 Rock right to side, recover weight onto left, cross right over left

HEEL SWITCHES, STEP, SLIDE, HEEL SWITCHES, STEP, SLIDE

1&2& Angling body to the left, tap left heel forward, place left, tap right heel forward, place right
3 Angling body to the left, long step forward with left
4 Slide right up to left
5&6& Angling body to right, tap right heel forward, place right, tap left heel forward, place left
7 Angling body to the right, long step forward with right
8 Slide left up to right

TAG 1

FORWARD ROCK, COASTER STEP, KICKS X 3, STEP

1-2 Rock forward onto left, recover weight back onto right
3&4 Step back onto left, step right together next to left, step forward onto left
5&6& Kick right forward, place right, kick left forward, place left
7& Kick right forward, place right
8 Step forward onto left

TAG 2

FORWARD ROCK, COASTER STEP, KICKS X 3, STEP

1-2 Rock forward onto left, recover weight back onto right
3&4 Step back onto left, step right together next to left, step forward onto left
5&6& Kick right forward, place right, kick left forward, place left
7& Kick right forward, place right
8 Step forward onto left

FORWARD ROCK, COASTER STEP, KICKS X 3, STEP

- 1-2 Rock forward onto right, recover weight back onto left
- 3&4 Step back onto right, step left together next to right, step forward onto right
- 5&6& Kick left forward, place left, kick right forward, place right
- 7& Kick left forward, place left
- 8 Step forward onto right

ENDING

SYNCOPATED CROSS ROCK, SIDE, CROSS UNWIND, SIDE STEP

- 1&2 Rock left over right, place weight onto right, step left to side
 - 3 Cross right over left
 - 4-5 Unwind a full turn over left shoulder
 - 6 Step right to side (with attitude)
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