

# Ya-Da Ya-Da

拍数: 64      墙数: 2      级数:  
编舞者: Fred Knopp (AUS)  
音乐: These Arms - Dwight Yoakam



## RIGHT SIDE, HOLD, LEFT TOGETHER, RIGHT SIDE, LEFT CROSS, RIGHT BACK, LEFT TOGETHER, RIGHT SHUFFLE FORWARD

1-2            Step right to right side, hold  
&3-4         Step left next to right, step right to right side, step left across in front of right  
5-6           Step back on right, step left next to right  
7&8          Step forward on right, slide left next to right, step forward on right

## LEFT CROSS ROCK / STEP, LEFT TRIPLE STEP WITH FULL TURN TO THE LEFT, RIGHT SHUFFLE FORWARD, LEFT KNEE POP, RIGHT KNEE POP

### Body facing 45 degrees right for the next 8 beats

9-10          Rock / step left across in front of right, rock back on right  
11&12        Step left-right-left on the spot with a full turn left  
13&14        Step forward on right, slide left next to right, step forward on right  
15-16        Pop left knee forward, step on left & pop right knee forward

## LEFT KNEE POP, HOLD, LEFT SHUFFLE FORWARD, FULL TURN TO THE LEFT, MOVING FORWARD, STEP RIGHT FORWARD, STEP LEFT FORWARD

17-18        Step on right & pop left knee forward, hold  
19&20        Step forward on left, slide right next to left, step forward on left  
21-22        Step forward on right with ½ turn left, step back on left with ½ turn left  
23-24        Step forward on right at 45 degrees left, step forward on left at 45 degrees left

## RIGHT CROSS ROCK / STEP, RIGHT TRIPLE STEP WITH FULL TURN TO THE RIGHT, LEFT SHUFFLE FORWARD, RIGHT KNEE POP, LEFT KNEE POP,

### Body facing 45 degrees left for the next 8 beats

25-26        Rock / step right across in front of left, rock back on left  
27&28        Step right-left-right on the spot with a full turn right  
29&30        Step forward on left, slide right next to left, step forward on left  
31-32        Pop right knee forward, step on right & pop left knee forward

## RIGHT KNEE POP, RIGHT TOE-HEEL, RIGHT CROSS, LEFT SIDE, RIGHT TOE-HEEL, RIGHT CROSS

33-34        Step on left & pop right knee forward, touch right toe to right side  
35-36        Touch right heel to right side, step right across in front of left  
37-38        Step left to left side, touch right toe to right side  
39-40        Touch right heel to right side, step right across in front of left

## LEFT ROCK / STEP, LEFT SHUFFLE BACK, RIGHT SHUFFLE BACK, LEFT BACK WITH ¼ TURN LEFT, RIGHT CROSS

41-42        Rock / step forward on left, step back on right  
43&44        Step back on left, slide right next to left, step back on left  
45&46        Step back on right, slide left next to right, step back on right  
47-48        Step back on left with ¼ turn left, step right across in front of left

## LEFT SIDE-TOUCH, LEFT CROSS, ANKLE ROCKS, RIGHT SIDE-TOUCH, RIGHT CROSS, ANKLE ROCKS

49-50        Touch left to left side, step left across in front of right  
51-52        Step on right rocking ankles to left side, step on left rocking ankle to right side

53-54 Touch right to right side, step right across in front of left  
55-56 Step on left rocking ankles to right side, step on right rocking ankle to left side

**TWIST HEELS WITH ¼ TURN LEFT, TWIST TOES, HEELS, TOES, DWIGHT TWIST**

**Next 8 beat are done moving to the right**

57-58 On balls of both feet twist heels right with ¼ turn left, twist toes right  
59-60 Twist heels right, twist toes right  
61 Twist left heel right and touch right toe to right side  
62 Twist left toes right and touch right heel to right side  
63 Twist left heel right and touch right toe to right side  
64 Twist left toes right and touch right heel to right side

**REPEAT**

**VARIATIONS:**

**LEFT ROCK / STEP, TWO FULL TURNS BACK TO THE LEFT, LEFT BACK WITH ¼ TURN LEFT, RIGHT CROSS**

41-42 Rock / step forward on left, step back on right  
43-44 Step back on left with ½ turn left, step forward on right with ½ turn left  
45-46 Step back on left with ½ turn left, step forward on right with ½ turn left  
47-48 Step back on left with ¼ turn left, step right across in front of left

**TWIST HEELS WITH ¼ TURN LEFT, TWIST TOES, HEELS, TOES, DWIGHT TWIST, HOLD, HIP ROLL**

**This variation can be done on the 3rd and 5th repetition of the dance**

57-58 On balls of both feet twist heels right with ¼ turn left, twist toes right  
59-60 Twist heels right, twist toes right  
61-62 Twist left heel right and touch right toe to right side, hold  
63-64 Roll hips to the left for 2 beats; with weight staying on left

**Dance finishes on beat 5 with step forward on right at 45 degrees right; on the word "stopped"**

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