

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"
