

Yeah!

拍数: 0 墙数: 1 级数: Advanced hip hop
编舞者: Heidi Brenden (NOR) & Øystein Brenden (NOR)
音乐: Yeah! (feat. Lil Jon & Ludacris) - Usher



PART A

WALKS TWICE, RIGHT TOUCH FRONT AND BACK(WITH ARM MOVEMENTS), ¼ TURN RIGHT, SIDE TOGETHER, KNEE POP, ¼ TURN RIGHT

- 1-2 Step right foot forward, step left foot forward
- 3-4 Touch right heel forward while pushing left arm forward, touch right toe back while pushing right arm forward
- 5&6 ¼ turn right on balls of feet, step left foot together, step right foot to right side
- 7-8 Pop right knee to left side, ¼ right on balls of feet. Weight ends on right foot

WALK TWICE, ½ TURN LEFT AND TOUCH, SIDE TOGETHER TWICE (SQUAT POSITION)

- 9-10 Step left foot forward, step right foot forward
- 11-12 ½ turn left on balls of feet, touch right next to left foot
- 13-14 Step right foot to right side(squat position), step left foot next to right
- 15-16 Repeat counts 13-14, weight ends on right foot

SLIDE ¼ TURN LEFT, RUNNING MAN, KICK FRONT, BACK AND HITCH ¼ TURN RIGHT, TOUCH LEFT, STEP RIGHT FOOT FORWARD

- 17-18 Step left foot ¼ turn left, slide right next to left
- 19&20 Hop right foot forward as left goes back, hop right foot back to center while hitching left knee, hop left foot forward as right foot goes back
- 21&22 Kick right foot forward, ¼ turn right on ball of left foot while hitching right knee, step right next to left foot
- 23&24 Touch left foot to left side, step left next to right, step right foot forward

SWIVEL ½ TURN LEFT, COASTER STEP, SYNCOPATED ROCK STEP RIGHT AND LEFT

- 25&26 Swivel heels ¼ right, swivel heels ¼ left, swivel heels ½ turn left
- 27&28 Step left foot back, step right together, step left foot forward
- 29&30 Step right foot to right side, recover on left foot, step right foot next to left
- 31&32 Step left foot to left side, recover on right foot, step left foot next to right

- 33-64 Repeat counts 1-32

PART B

SWIVEL HEELS OUT IN OUT (WITH ARM MOVEMENTS), LEFT KICKBALL CROSS, HEEL TOUCH, HITCH, STEP ¼ TURN, STEP ½ TURN

- 1&2 Swivel both heels out, swivel both heels in, swivel both heels out, weight ends on right foot (both arm goes in, out, in, in front of chest)
- 3&4 Kick left foot diagonal to left side, step left foot next to right, cross right foot over left
- 5&6 Touch left heel forward, hitch left knee, touch left heel forward
- &7-8 Step left foot ¼ turn next to right foot, step right foot forward, ½ turn left, weight ends on left foot

TOUCH WITH HIP BUMPS (WITH ARM MOVEMENTS), RIGHT KICKBALL CROSS, VAUDEVILLE

- 9&10 Touch right foot diagonal forward (01:30)while bumping hip's right, left, right (punching right arm in the air)
- 11&12 Kick right foot diagonal to right side, step right foot next to left, cross right foot over left
- &13 Step right foot diagonal back, touch left heel diagonal forward (10:30)

- &14 Step left foot in place, cross right foot over left
&15 Step left foot diagonal back, touch right heel diagonal forward (01:30)
&16 Step right foot in center, step left next to right, weight ends on both feet
- 17-32 Repeat counts 1-16

SIDE SWITCHES WITH HEEL RAISE (WITH ARM MOVEMENTS) DIAGONAL TOUCH, ½ MONTEREY TURN, TOUCH LEFT

- 33&34 Touch right foot to right to side, step right foot next to left, touch left foot to left side
&35 Step left foot next to right, touch right foot to right side
&36 Raise right heel, drop right heel

Arm movements count 33-36: punch right arm to the floor when touching right foot and left arm when touching left foot

37-38 touch right foot across left (05:30), touch right foot to right side

- 39-40 ½ turn on ball of left foot (Monterey turn), touch left foot to left side

AND STEP TOUCH TWICE, BODY ROLL TRAVELING BACKWARDS TWICE

- &41-42 Step left foot next to right, step right forward, touch left foot next to right
&43-44 Step right foot back, step left foot forward, touch right foot next to left
45-46 Step back on right foot, step left foot next to right making a body roll
47-48 Repeat counts 45-46, weight ends on left foot
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