

拍数: 32 墙数: 4 级数: Intermediate

编舞者: John Robinson (USA) & Junior Willis (USA)

音乐: Hear Us Now - Southside Rockers



Begin the dance 32 counts after the big beat kicks in (there's a 16-count intro before that starting with laughter, one of the band members saying "Yo, once again it's the Southside, and we're gonna smooth it out a little bit" followed by some instrumentation and all the guys singing "All around the world..." etc.). Don't dance yet - you'll start with the first verse, when the vocalist sings, "Yo, hear us now...."

LEFT BACK ROCK, RECOVER, HITCH & RIGHT KICK-STEP-TOUCH, LEFT ROCK FORWARD, RECOVER & BUMP BACK TWICE

1&2&	Left rock back ball of foot	, recover to right, raise left knee	(hitch), left step down

Right low kick forward, step right forward, left touch behind right

5-6 Left rock forward ball of foot, recover to right

&7-8 Step left back, bump hips back twice

RIGHT STEP FORWARD, LOCK, & CROSS ROCK-RECOVER-TURN ¼ LEFT, TURN ½ LEFT, STEP TOGETHER, HIP SHAKE UP & DOWN &

1-2 Angling body toward left diagonal (11:00) right step forward toward 12:00, left lock behind

right

&3-4 Right small step forward, left rock ball of foot across right opening up 1/4 turn left (9:00),

recover to right, pivot 1/4 left (6:00) stepping left forward

5-6 Pivot ½ left (12:00) stepping right back, step left behind right in 3rd position (left instep to

right heel)

7&8& Bump hips right raising body slightly, bump hips left returning body to center, bump hips right

lowering body slightly, bump hips left returning body to center

WALK FORWARD RIGHT-LEFT, & SIDE BALL-CHANGE, CROSS, LEFT SIDE, BEHIND, RIGHT TOUCH ACROSS LEFT TWICE

1-2 Step right forward, step left forward

&3-4 Right rock ball of foot side right, recover to left, right step across left

5-6 Left step side left, right step behind left

&7-8 Left step side left, right toe touch across left twice

TURN ¼ RIGHT, TURN ½ RIGHT, COASTER STEP, LEFT TOUCH FORWARD, BACK, SYNCOPATED RUN TURNING ½ LEFT

1-2 Pivot ¼ right (3:00) stepping right forward, pivot ½ right (9:00) stepping left back 3&4 Right step back ball of foot, left step ball of foot next to right, step right forward

5-6 Angling body slightly left, left toe touch forward, left toe touch back

7&8& Begin ½ turn left and step left across right, continue ½ turn left and step right ball of foot side

right, finish ½ turn left (3:00) stepping left across right, step right back

REPEAT

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After the 7th repetition you will hear a 4-count buildup in the music as the guys in the band say "ohhhh!" Gradually getting louder. Cross left over right on count 1 and unwind to the right one full revolution on counts 2-4, finishing with weight on right. Start the dance again