

Wait A Minute!

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Wait A Minute - The Pussycat Dolls



SIDE, TOGETHER, TOE SWITCHES, CROSS UNWIND FULL TURN, BODY ROLL

1 - 2 Step right to right side (1), step right beside left (2)
Arms: Clasp hands above head (1), drop both hands down to side (2)
3 & 4 Touch right out to right side (3), step right beside left (&), touch left out to left side (4)
Arms: Cross right arm over head (3), extend right arm out to right side (4)
5 - 6 Cross left over right (5), unwind full turn right, weight on right (6)
Arms: Place right arm in front of body, chest level (5), drop right arm (6)
7 - 8 Body roll to left side, weight on left (7, 8)

JUMP, SLIDE ¼ LEFT, JUMP, HIP BOUNCES WITH ARMS

1 Jump on the spot with feet together (4)
2 - 3 With a ¼ turn left, slide right to right side, dragging left beside right (2, 3)
4 Jump on the spot with feet together (4)
5 - 6 Step right to right side, bounce hips inwards twice (5, 6)
Arms: Extend right arm out with palms face out (5, 6)
7 - 8 With a swift ½ turn left, repeat counts 5 - 6 with arms (7, 8)
Alternative: Do 2 chest pumps for 5 - 6 and repeat with ½ turn left (5, 6, 7, 8)

STEP BACK, HOLD, LOOK UP, FRONT, KNEE POPS WITH ARMS

1 - 2 Step left slightly behind right, popping right knee (1), hold (2)
Arms: Slice both arms out to side, waist level (1), hold (2)
3 - 4 Tilt head upwards, looking up (3), look front with head back down (4)
5 - 6 Step back on right popping left knee (5), step back on left popping right knee (6)
7 - 8 Repeat counts 5 - 6
Arms: Repeat arms for count 1 for 4 times (5, 6, 7, 8)

HITCH ¾ LEFT, 2 X STEP PIVOT ½ TURN LEFT

1 - 4 Hitch right knee 4 times, making a ¾ turn left, facing 6 o'clock (1, 2, 3, 4)
Alternative: Walk around right, left, right, left making a ¾ turn left
5 - 6 Step forward on right (5), pivot ½ turn to left (6)
7 - 8 Repeat counts 5 - 6
*Do a body roll to complement the pivot turns

SIDE, HOLD, HITCH, STEP DOWN, HIP ROLLS

1 - 2 Step right to right side (1), hold (2)
Arms: Slice both arms out to side, waist level (1), hold (2)
3 - 4 Hitch right knee diagonally (3), step right out to right side (4)
Arms: Slice arms inwards, left above right, waist level(3), slice both arms out to side, waist level (4)
5 - 6 Roll hips anticlockwise from left to right, weight ending on left (5, 6)
7 - 8 Roll hips clockwise from right to left, weight ending on right (7, 8)

& SIDE, LOOK LEFT, HITCH, STEP DOWN, & SIDE, LOOK RIGHT, HITCH, STEP DOWN

&1 - 2 Step right beside left (&), step left to left side (1), look towards left (2)
3 - 4 Hitch left knee diagonally (3), touch left out to left side (4)
Arms: Slice both arms inwards, with left over right, waist level (3), slice both arms out to side, waist level (4)
&5 - 6 Step left beside right (&), step right to right side (5), look towards right (6)
7 - 8 Hitch right knee diagonally (7), step right to right side (8)
Arms: Repeat arms for counts 3 - 4

*Counts 5 - 8 is a mirror image of counts 1 - 4.

BEHIND, SIDE, TOGETHER, JUMP, BEHIND, FORWARD WITH ¼ TURN LEFT, TOGETHER, JUMP

- 1 - 3 Cross left behind right (1), big step right to right side (2), step beside right (3)
4 Jump with both feet together (4)
5 - 7 Cross right behind left (5), step left forward with a ¼ turn left (6), step right beside left (7)
8 Jump with both feet together (8)

CHEST PUMPS

- 1 - 4 Take 4 small steps forward, starting with right, with chest pumps (1 - 4)

*As you step forward, tilt body side to side, from right to left and vice versa.

- 5 & 6 Step right beside left, tilt body slightly to right side and do 3 (or 2) chest pumps (5 & 6)

- 7 & 8 Tilt body slightly to left side and do 3 (or 2) chest pumps

Arms: Clench palms into fists, place fists at chest level, facing each other while doing chest pumps from counts 1 - 8.

REPEAT

Tag 1: After wall 1, start the dance again from the 3rd 8, i.e. leaving out the first 16 counts. Do only 32 counts and start the dance again, facing 6 o'clock.

Tag 2: On wall 5, do the first 48 counts and start the dance again, facing 6 o'clock.
