

Yao-A-Yao-A

拍数: 32 墙数: 1 级数: Phrased Intermediate
编舞者: Wendy Lin (TW) - May 2011
音乐: Yao-A-Yao-A (搖咧搖咧) - BOB (芭比)



Sequence : A B C D E / B C D E / A D E / Finale A (facing 12.00)

PART A : (¼ Right Turn, Run, Twist) 4X clockwise

1-4 ¼ right turn [3.00] run forward, R L R L
5-8 Twist on both feet, R L R L (hands raised with twist)

PART B : Section 1, 2, repeat 1, 2

S1: ¼ Right Turn, Run, Hold, Hop Hitch

1-4 ¼ right turn [3.00], run forward. R L R, hold
5,6-7,8 2X : Weight on R, hop on R and hitch L (R hand on hip while L hand circling backward)

S2: ½ Left Turn, Run, Hold, Hop Hitch

1-4 ½ left turn [9.00], run forward, L R L, hold
5,6-7,8 2X : Weight on L, hop on L and hitch R (L hand on hip while R hand circling backward)

PART C :

S1: Step, Hold, Together, Hold, twist

1-2 Step R to side, hold (shimmy)
3-4 L together, hold
5-8 Feet together, twist R L R L (both hands swing anti clockwise in 2 circles)

S2: Step, Hold, Together, Hold, Twist

1-2 Step L to side, hold (shimmy)
3-4 R together, hold
5-8 Feet together, twist R L R L (both hands swing anti clockwise in 2 circles)

S3: ¼ Right Turn, Run, ¼ Left Turn, Step Together, Twist

1-2 ¼ right turn [3.00], run R L
3-4 Step R, ¼ left turn [12.00], L together
5-8 Feet together, twist R L R L (swing raised hands with the twist)

S4: ¼ Left Turn, Run, ¼ Right Turn, Step Together, Twist

1-2 ¼ left turn [9.00], run R L
3-4 Step L, ¼ right turn [12.00], R together
5-8 Feet together, twist R L R L (swing raised hands with the twist)

PART D : Section 1, 2, repeat 1, 2

S1: Right Chasse, Toe Touch, Left Chasse, toe Touch

1&2 R chasse, R L R (open hands to sides)
3-4 L back toe touch, toe touch (shake hands at sides)
5&6 L chasse, L R L (open hands to sides)
7-8 R back toe touch, toe touch (shake hands at sides)

S2: Twice Toe-Point, Right Jazz Box (swing hands alternately at sides)

1-4 R toe-point , front-side-front-side
5-6 R over L, L step back
7-8 R step, L together

PART E : Section 1,2, repeat 1, 2

S1: Right Chasse, Toe Touch, Left Chasse, Toe Touch

- 1&2 R chasse, R L R (fast small circling of hands at front)
- 3-4 Back L toe touch, toe touch (hands shake at sides)
- 5&6 L chasse, L R L (fast small circling of hands at front)
- 7-8 Back R toe touch, toe touch (hands shake at sides)

S2: Spot Run, Twist

- 1-4 Spot run clockwise to face front, R L R L
- 5-8 Feet apart, quick sway R L R L with hands following the sway (shout out 'Hey,Hey')

FINALE (facing 12.00)

PART A : (Run, Twist) 4X

- 1-4 Run forward, R L R L
- 5-8 Twist on both feet, R L R L (hands raised with twist)

This is a fun dance which is vibrant and upbeat. Hand accessories like colourful pom-pom are used in group performance.

Shouts of "HEY-HEY" at certain parts of the dance create an inspiring mood for a team.

Have fun & HAPPY DANCING !!

Special thanks Mary to help me complete this dance stepsheet
