

Whip it!

拍数: 32 墙数: 4 级数: Intermediate Plus
编舞者: Jordan Lloyd (UK) - April 2012
音乐: Whip It - Nicki Minaj : (iTunes)



Big Step Forward, Together, Rock & Cross, Back ¼ Step ¼ Side, Together, Step, Side.

- 1, 2 Big step forward on right, step left next to right.
3&4 Rock right out to right side, recover onto left, cross right over left.
&5, 6 Step back on left making ¼ turn right, step right to right side making ¼ turn right, drag left foot towards right.
&7, 8 Step left next to right, step forward on right, step left slightly out to left side.

Toe, Heel, Lunge, Recover ½ Sweep, Sailor, Kick & Touch, Step Out.

- 1&2 Touch right toe in place, touch right heel in place, place weight on right heel as you lunge on left to left side.
3 Recover onto right as you sweep a ½ turn left.
4&5 Step left behind right, step right to right side, step left to left side.
6&7 Facing right diagonal kick right foot forward, step forward on right, touch left behind right as you angle your body towards left diagonal.
8 Step left to left side as you straighten back up.

Back Rock, Touch Step, Touch Step, Swivel Swivel, Hold, Back, Touch Unwind ½

- 1&2 Rock right behind left, recover forward onto left, step right to right side.
&3 Touch left next to right, step left to left side.
&4 Touch right next to left, step right to right side.
&5, 6 Swivel both heels right, swivel heels back to original position, hold.
&7, 8 Step back on left, touch right behind left, unwind ½ turn right ending with weight on left.

Rock & Cross, & Cross, Step, Hip Roll, Behind, Step ¼ Step ½ Step, Hitch, Recover

- 1&2 Rock right to right side, recover onto left, cross right over left.
&3 Step left to left side, cross right over left.
4, 5 Step left to left side, move hips in an anti clockwise roll, ending the roll with weight on right foot.
6&7 Step left behind right, Step forward on right making ¼ turn right, step forward on left.
&8& Pivot ½ turn right as you step down on right, hitch left leg up, step left next to right.

Tags

Tag 1 – At the end of wall 4 and wall 8.

- 1, 2 Step forward on right, Step left next to right
3, 4 Step back on right, Step left next to right.

Start the dance again.

Tag 2 – At the end of wall 5.

- 1&2 Cross right over left, rock left out to left side, recover weight onto right.
3&4 Cross left over right, rock right out to right side, recover weight onto left.
5&6 Cross right over left, step back on left making ¼ turn to right, step right out to right.
7&8& Step forward on left, pivot ½ turn right as you step down on right, kick right foot forward, step left next to right.

Start the dance again. This tag will bring you back to the front wall.