

Word Up

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Nicky Tan (MY) - December 2014
音樂: Word Up! - Little Mix



Intro starts after 32 counts, after lyrics "Oww!!"

INTRO (2x8) – First 16 counts of Tag

Section 1 : Step Forward, Together, Bend Knees Outward and Close, Cross & Cross, ½ R with low kick

1 2 Step RF forward, Step LF together
3&4 Bend and push both knees out to side (3), Close both knees together (&), Straighten legs (4)
5 6 7 Cross RF over LF, Step LF to side, Cross RF over LF
8 Turn 1/2R stepping on LF & at the same time give RF a low kick forward (6:00)

Section 2 : Forward Shuffle, 1/2R Back Shuffle, Toe Switches with 1/4R Turn

1&2 Step RF forward, Step LF together, Step RF forward
3&4 Turn 1/2R & Step LF back, Step RF together, Step LF back (12:00)
5& Touch RF to side, Step RF beside LF
6& Touch LF to side, Step LF beside RF
7&8 Touch RF to side, Touch RF beside LF, Turn 1/4R with weight on LF (3:00)

Section 3 : Step Back & Hold 2x, Forward Step, Lock, Forward Shuffle

1 2 Step RF back, Hold
3 4 Step LF back, Hold
5 6 Step RF forward & Lift LF behind RF, Step LF in place & Hitch RF
7&8 Step RF forward & Lift LF behind RF, Step LF in place & Hitch RF, Step RF forward & Lift LF behind RF

(Easier Option : □5,6 □Step RF forward, Lock LF behind RF
7&8□Step RF forward, Lock LF behind RF, Step RF forward)

Section 4 : 1/4R Stomp 2x, Side Chasse, 1/4R Sailor Step, Press Step, Recover

1 2 Turn 1/4R & Stomp LF to side, Stomp RF to side
3&4 Step LF to side, Step RF together, Step LF to side
5&6 Turn 1/4R & Step RF back, Step LF together, Step RF forward
7 8 Press LF forward, Step LF beside RF

INTRO / TAG (4x8)

At Wall 8, (3:00)

1234 Touch RF forward and do a slow body roll forward
5678 Step RF back, Hold, Step LF back, Hold

1234 Cross RF over LF, Step LF back, Step RF to side, Step LF together (Jazz Box)
5678 Step RF diagonal out to R, Step LF to side, Step RF back, Step LF together (V-step)

1234 Touch RF forward, Step RF in place, Turn 1/8L & Step LF to side, Step LF in place
5 6 Turn 1/8L & Step RF forward, Step RF in place (12:00)
7&8 Twist & Hitch L knee to R side of body, Move L knee back to middle, Step LF to side

1234 Bend knees and lower body from R to L over 4 counts
5 6 Do a neck roll from R to L
7 Jump with both feet together
&8 Do a quick shoulder see-saw RL

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