

Um Um Um Um Um Um

拍數: 32 牆數: 4 級數: Beginner
編舞者: Helen Woods (USA) - July 2015
音樂: Um, Um, Um, Um, Um, Um - Major Lance : (CD: The Very Best Of Major Lance / iTunes and Amazon)



#16 count intro

STEP, STEP BALL STEP, STEP, FRONT ROCK, RECOVER, COASTER CROSS

- 1 Step right forward
- 2&3 Step left forward, step ball of right beside left, step left forward
- 4 Step right forward
- 5-6 Rock left forward, recover to right
- 7&8 Step left back, step right beside left, step left diagonally across right (1:30)

SIDE, TOGETHER, SIDE, TOUCH, TURN SIDE, TOGETHER SIDE TOGETHER, SIDE TOGETHER SIDE

- 1-2 Step right to side still facing diagonal, step left beside right
- 3-4 Step right to side still facing diagonal, touch left beside right
- 5 Turn $\frac{1}{4}$ left stepping left to side facing left diagonal (10:30)
- 6&7 Step right beside left, step left to side, step right beside left
- &8& Step left to side, step right beside left, step left to side

SIDE, TOGETHER, SIDE, TOUCH, TURN SIDE, TOGETHER SIDE TOGETHER, SIDE TOGETHER SIDE

- 1-2 Step right to side still facing left diagonal, step left beside right
- 3-4 Step right to side still facing left diagonal, touch left beside right
- 5 Turn $\frac{1}{4}$ right stepping left to side facing right diagonal (1:30)
- 6&7 Step right beside left, step left to side, step right beside left
- &8& Step left to side, step right beside left, step left to side

WALK 4 STEPS CLOCKWISE IN A $\frac{5}{8}$ ARC, SIDE SWAY, SWAY, SWAY, SWAY

- 1-4 Turn $\frac{1}{4}$ right stepping right forward, turn $\frac{1}{8}$ right stepping left forward, turn $\frac{1}{8}$ right stepping right forward, turn $\frac{1}{8}$ right stepping left forward (9:00)

The exact size of the turns is less important than making a smooth arc

- 5-8 Step right to side swaying hips right, left, right, left in a figure 8 pattern

Alternatively, just sway hips right, left, right, left

REPEAT

TAG: After 4 rotations (facing original 12:00)

SIDE, SLOW DRAG, TOUCH, SIDE, SLOW DRAG, TOUCH

- 1-4 Step right to side, drag left to right over 2 counts, touch left beside right
- 5-8 Step left to side, drag right to left over 2 counts, touch right beside left

SIDE, TOUCH, SIDE, TOUCH

- 1-2 Step right to side, touch left beside right
- 3-4 Step left to side, touch right beside left