

Worth It

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Amy Ooi (MY) - July 2015
音樂: Worth It (feat. Kid Ink) - Fifth Harmony



Dance starts after 16 counts.

Sequence : A a B A B A B A B a

PART A (8x8)

Section A1 : Walk Walk, Brush, Step Out Out, Knee Pops

12 Step RF forward, Step LF forward
3&4 Brush & RF beside L, Step RF to right, Step LF to left
56 Bend & turn L knee in (5), Straighten L knee and turn R knee in towards middle (6)
78 Straighten R knee & turn L knee in twice (12:00)

Section A2 : Left Sailor Step, Right Sailor Step, Side, Together, Touch, Together, Touch

1&2 Step LF behind RF, Step RF beside LF, Step LF to side
3&4 Step RF behind LF, Step LF beside RF, Step RF to side
56 Step LF to side, Step RF together
&7 Touch LF to left, Step LF beside RF
&8 Touch RF to side, Hold (Styling : Do chest pop) (12:00)

Section A3 : Touch, Touch, Coaster Step, Star Step ½ R, Coaster Step

12 Touch RF back, Touch RF to right
3&4 Step RF back, Step LF together, Step RF forward
5& Turn ¼ R & Touch LF to side, Hitch LF (3:00)
6& Repeat 5& (6:00)
7&8 Step LF back, Step RF together, Step LF forward

Section A4 : Forward Cha Cha, Mambo Step, Hand movement, Hip Bump

1&2 Forward Cha Cha RF, LF, RF
3&4 Rock LF forward, Recover on RF, Step LF beside RF
5 Step RF to right (Styling : Open both arms out to side)
6& Both feet in place (Styling : Close left hand to chest, Close right hand to chest)
7 Both feet in place (Styling : Raise both hands above head)
&8 Hip bump to R then L ending with weight on LF (6:00)

Section A5 : ¼ R Forward Cha Cha, ½ R Pivot, Coaster Step, Forward Cha Cha

1&2 Turn ¼ R & Forward Cha Cha RF, LF, RF (9:00)
3& Step LF forward, Turn ½ R with weight on RF and L toe touch in place (3:00)
4 Transfer weight to LF and touch RF in place
5&6 Step RF back, Step LF together, Step RF forward
7&8 Forward Cha Cha LF, RF, LF

Section A6 : Chest Pump, Hip Bump, ¼ R Cha Cha, ¼ R Mambo Cross

1&2 Step RF to side, Hold, Transfer weight to RF & Touch LF in place
(Styling : Chest Pop twice)
3&4 Hip bump to L twice (3&), Transfer weight to LF & Touch RF in place (4)
5&6 Turn ¼ R & Forward Cha Cha RF, LF, RF (6:00)
7&8 Turn ¼ R & Rock LF to left, Recover on RF, Cross LF over RF (9:00)

Section A7 : Step Touch, Step Touch, ¼ R Step Touch, Touch, Touch, Forward Cha Cha, Rock Recover, Pivot ½ R Step

- 1& Step RF diagonally back, Touch LF beside RF
- 2& Step LF diagonally back, Touch RF beside LF
- 3& Turn ¼ R & Step RF to right, Touch LF beside LF (12:00)
- 4& Touch LF to left, Touch LF beside RF
- 5&6 Forward Cha Cha LF, RF, LF
- 7&8 Rock RF forward, Recover on LF, Turn ½ R & Step RF forward (6:00)

Section A8 : Star Step ½ R, ½ L Sailor Step, Hand Movement, Hip Bump

- 1& Turn ¼ R & Touch LF to side, Hitch L knee (3:00)
- 2& Repeat 1& (12:00)
- 3&4 Turn ½ L & Step LF back, Step RF together, Step LF to left (6:00)

(Easier Option for steps 3&4

- 3& Repeat 1&
- 4 Step LF to left)

- 5 Step RF to right (Styling : Open both arms out to side)
- 6& Both feet in place (Styling : Close left hand to chest, Close right hand to chest)
- 7 Both feet in place (Styling : Raise both hands above head)
- &8 Hip bump to R then L ending with weight on LF

PART a (4x8)

Do only first four sections of PART A (Section A1-A4)

PART B (4x8)

Section B1 : Step Back, Step Back, Slow Walk Forward

- 12 Step RF back & Touch LF in place, Hold
- 34 Step LF back & Touch RF in place, Hold
- 56 Step RF forward, Hold
- 78 Step LF forward, Hold (12:00)

(Styling : May do slow hand movements to match steps)

Section B2 : Rock Recover, Coaster Step, Touch, Step, Touch, Touch

- 12 Rock RF forward, Recover on LF
- 3&4 Step RF back, Step LF together, Step RF forward
- 56 Touch LF to left, Step LF forward
- 78 Touch RF to right, Touch RF beside LF (12:00)

Section B3 : Step Back, Hold, Step Back, Hold, Back Back, Body Roll

- 12 Step RF back & Touch LF in place, Hold
- 34 Step LF back & Touch RF in place, Hold
- 56 Step RF back, Step LF back
- 78 Step RF to side, Step LF to side (Styling : Body Roll) (12:00)

Section B4 : Slow Walk, ½ L, ½ L, touch, touch

- 12 Step RF forward, Hold
- 34 Step LF forward, Hold
- 56 Step RF forward, ½ L Pivot with weight on LF (6:00)
- 78 Turn ½ L & Touch RF to side, Touch RF beside LF (12:00)

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