

Whip It

拍數: 64 牆數: 2 級數: Advanced
編舞者: Shane McKeever (N.IRE) & Rachael McEnaney (USA) - November 2015
音樂: Whip It! (feat. Chloe Angelides) - LunchMoney Lewis : (single on iTunes & other mp3 sites)



Count In: 32 counts from start of track, at approx 0.15 mins. Approx 131 bpm.

Notes: 1 Tag during 5th wall (facing front).

[1 – 8] R diagonal hitching L, L side, R back, L close, R diagonal, L side, R back, L close – with ‘whip/nae’ arms.

- 1 Step R to right diagonal as you hitch L knee (with fists clenched pull R elbow back) (1) 12.00
- 2 Step L to left side (shoulder width from R) (punch R arm forward (head tilts slightly left)) (2) 12.00
- 3 4 Step back R (3), step L next to R (arms are relaxed)(4) 12.00
- 5 Step R to right diagonal (punch L arm forward (head tilts slightly right)) (5), 12.00
- 6 Step L to left side (shoulder width from R) (bring L arm back as you punch R arm forward (head tilts slightly right)) (6) 12.00
- 7 8 Step back R (7), step L next to R (arms are relaxed) (8) 12.00

[9 – 16] R fwd rock, L funky lock step back, R behind, ¼ L, R fwd, ½ pivot L

- 1 2 & Rock forward R (styling option: body roll back) (1), step back L as you hitch R knee slightly (2), lock ball of R over L (&) 12.00
- 3 & 4 Step back L as you hitch R knee slightly (3), lock ball of R over L (&), step back L as you sweep R (4) 12.00
- 5 6 7 8 Cross R behind L (5), make ¼ turn left stepping forward L (6), step forward R (7), pivot ½ turn left (8) 3.00

[17 – 24] R kick and touch L, touch L across R, touch L, L heel grind with ¼ L, heel switch R and L

- 1 & 2 3 4 Kick R forward (1), step R next to L (&), touch L to left side (2), touch L over R (3), touch L to left side (4) 3.00
- 5 6 Cross L heel over R (L toe facing inwards) (5), make ¼ turn left stepping back R (left heel pushes into floor to make the turn) (6) 12.00
- & 7 & 8 Step L next to R (&), touch R heel forward (7), step R next to L (&), touch L heel forward (8) 12.00

[25 – 32] L close, R tap fwd, R fwd into 2 rocks with hips, L kick, R kick, R fwd, L lock, unwind full turn L

- & 1 2 Step L next to R (&), tap R toe slightly forward (1), step R foot further forward into a rock as you push R hip forward (2) 12.00
- 3 4 Rock back onto L as you push L hip back (3), recover weight forward to R (4) 12.00
- 5 & 6 Kick L forward (5), step L next to R as you make 1/8 turn left (&), kick R forward (you are facing 10.30) (6) 10.30
- & 7 Step R slightly forward (facing 10.30) (&), touch L behind R (as far as you can like a lock) (7), 10.30
- 8 Make a full turn left to face 12.00 as you transfer weight L (8) 12.00

TAG: The Tag happens here during 5th wall facing 12.00 – then Restart. 12.00

[33 – 40] 4 walks fwd with arms, R back with sweep, L back with sweep, R sailor step with ¼ turn R

- 1 2 3 When you do these 3 counts angle body to right diagonal (1.30) Step forward R (1), step forward L (2), step forward R (3)

Arms: L arm is out to left side with L palm pushed down during the 3 counts, on each step R palm pushes forward (as if trying to push something away) (1, 2, 3) 12.00

- 4 Step forward L as you hitch R knee (4), Arms: R hand swipes down and L hand swipes up as they clap (4) 12.00

5 6 Step back R as you sweep L (5), step back L as you sweep R (6), 12.00
7 & 8 Cross R behind L (7), make ¼ turn right stepping L next to R (&), step forward R (8) 3.00

[41 – 48] L fwd, ½ pivot R, L side into hip dips, L behind with R hitch, R behind

1 2 Step forward L (1), pivot ½ turn right (weight ends R) (2) 9.00
3 4 Rock L to left side as you bend knees slightly and begin pushing hips from left to right (3), continue sending the hips right as you rock weight to R and straighten knees (4) 9.00
5 6 Repeat counts 3 – 4 above 9.00
7 8 Cross L behind R as you hitch R knee out to right side (7), cross R behind L (8) 9.00

[49 – 56] L close, jump both feet out, hold, L ball, R cross shuffle, L side rock, L behind, ¼ turn R

& 1 2 Step ball of L next to R (&), jump both feet out to sides (this jump is more a push of the feet outwards) (1), hold (2) 9.00
& 3 & 4 Step in place on ball of L (&), cross R over L (3), step L to left side (&), cross R over L (4) 9.00
5 6 7 8 Rock L to left side (5), recover weight R (6), cross L behind (7), make ¼ turn right stepping forward R (8) 12.00

[57 – 64] ¼ turn R stepping side L with hip roll, R tap, R side with hip roll, ¼ turn L with L tap, ½ turn L (LRLRL)

1 2 Make ¼ turn right stepping L to left side as you roll hips clockwise (1), tap R toe to right diagonal as you finish hip roll (2) 3.00
3 4 Step R to right side as you roll hips counter clockwise (anticlockwise) (3), make ¼ turn left as you tap L toe forward finishing hip roll (4) 12.00
5 6 7 & 8 Step forward L (5), make 1/8 turn left stepping forward R (6), make 1/8 turn left stepping forward L (7), make 1/8 turn left stepping forward R (&), make 1/8 turn left stepping forward L (8)

Styling: Counts 5 – 8 are done on the balls of feet rolling from outside edge to inside with knees slightly bent. The steps are very small. 6.00

TAG: The Tag happens after count '32' during the 5th wall, do the following 8 count Tag and then Restart the dance from the beginning.

The 5th wall begins facing 12.00, the Tag and Restart both happen facing 12.00

1 Step R to right side (shoulder width from left) with both knees bent and put your R hand on your R knee (1)
& 2 & Put L hand on L knee (&), put R hand on L hip (2), put L hand on R hip (&)
3 & Put fingertips of R hand on top of R shoulder (3), put fingertips of L hand on top of L shoulder (&)
4 & (hands still on shoulders) Step R in slightly towards L (4), step L next to R (&)
5 & Put R hand behind R ear (5), put L hand behind L ear (&)
6 & Push R hand out and upwards towards R diagonal (6), push L hand out and upwards towards L diagonal (&)
7 8 Brush R forward and outwards as you push both arms up and out in a circular motion (head leans slightly back) (7), hold (8)

START AGAIN ~ HAVE FUN

Contacts:-

Shane: smckeeper07@hotmail.com

Rachael : www.dancewithrachael.com - dancewithrachael@gmail.com
