

Yeah (zh)

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Will Craig (USA) - 2011年02月
音樂: Yeah 3X - Chris Brown



前奏: Start dancing on lyrics 唱歌起跳

第一段 Walks X4, With Heel Swivels Back

- 1-2 Walk right, Left 走步-右, 左
3-4 Walk right, left 走步-右, 左
5&6 Weight on left foot kick right heel out to right side, Bring right foot back to left, With weight on right foot kick left heel out to left side
重心在左足右足踵略向右, 右足轉回, 重心在右足左足踵略向左
&7&8& Bring left foot back to right, With weight on left foot kick right heel out to right side, Bring right foot back to left, With weight on right foot kick left heel out to left side, Step left foot down shoulder width apart
左足轉回, 重心在左足右足踵略向左, 右足轉回, 重心在右足左足踵轉向左, 左足踏與肩同寬

第二段 Arm And Knee Popping Right Right Left Left Right Left Up Down

- 1-2 keeping feet in place bring right arm up in front of you slightly to the side pop it forward twice while bending your right knee at same time 右手右前上方彈兩次, 同時彎右膝
3-4 keeping feet in place bring left arm up in front of you slightly to the side pop it forward twice while bending your left knee at same time 左手左前上方彈兩次, 同時彎左膝
5-6 Now bring right arm up pop it once with right knee, then bring left arm up pop it once with left knee
右手向上彈一次(右膝彎), 左手向上彈一次(左膝彎)
7-8 Make a first with right hand bring it out to the side and up, Bend body over to the left keeping your right arm and body matching
右手向側邊上舉, 身體彎向左右手配合身體一起向下動

第三段 Cross Step Salior Step, Cross Step Salior Step With 1/4 Turn Left

- 1-2 Cross right foot over left, Step left foot to left side
右足於左足前交叉踏, 左足左踏
3&4 Step right foot behind left foot, Bring left foot to right, Step right foot to right side 右足於左足後踏, 左足併踏, 右足右踏
5-6 Cross left foot over right, Step right foot to right side
左足於右足前交叉踏, 右足右踏
7&8 Make a 1/4 turn left while stepping left foot behind right foot, Bring right foot to left, Step left forward
左轉90度左足於右足後踏, 右足併踏, 左足前踏

第四段 Half Turn Half Turn Rock Recover Step Back Together

- 1&2 Step forward on the right foot, twist left heel in making a 1/4 turn left, Twist right heel out making another 1/4 turn left
右足前踏, 左足踵向左旋轉90度, 右足踵向左旋轉90度
3&4 Step left foot back, Twist right toe in making 1/4 turn left, Twist left toe out making another 1/4 turn left
(ALL TOGETHER ITS 1 FULL TURN) 左足後踏, 右足趾向右旋轉左轉90度, 左足趾向左旋轉左轉90度(與1&2合成一個360度的左轉圈)
5-6 Rock forward on the right foot, Recover weight back to the left
右足前下沉, 左足回復
7-8 Step right foot back, Bring left foot to right foot
右足後踏, 左足併踏

第五段 With Right Foot Touch Front Side Salior Step Hold Ball Step Then Bodyroll

- 1-2 Touch right foot forward, Touch right foot to right side
右足前點, 右足右點

- 3&4 Step right foot behind left, Left foot to left side, Right foot to right side 右足於左足後踏, 左足左踏, 右足右踏
- 5&6 HOLD, Step left foot to right, Step right foot to right side
候, 左足併踏, 右足右踏
- 7-8 Body roll from head down to hip ending sitting on the right hip weight should be on right foot
身體由頭轉至臀最後以坐姿重心結束在右足

第六段 With Left Foot Touch Front Side Salior Step Hold Ball Step Then Bodyroll

- 1-2 Touch left foot forward, Touch left foot to left side
左足前點, 左足左點
- 3&4 Step left foot behind right, Right foot to right side, left foot to left side 左足於右足後踏, 右足右踏, 左足左踏
- 5-6 HOLD, Step right foot to left foot, step left foot to left side
候, 右足併踏, 左足左踏
- 7-8 Body roll from head down to hip ending sitting on the left hip weight should be on left foot?
身體由頭轉至臀最後以坐姿重心結束在左足

第七段 Kick Step Lock Steps X2 Kick Touch To The Side With 1/4 Turn Kick Touch To The Side With 1/2 Turn

- 1&2& Kick right foot forward, Step down on right foot, lock left foot behind right, step right foot forward
右足前踢, 右足踏, 左足於右足後鎖踏, 右足前踏
- 3&4& Kick left foot forward, step down on the left foot, Lock right foot behind left, Step forward on the left foot
左足前踢, 左足踏, 右足於左足後鎖踏, 左足前踏
- 5&6 Kick right foot forward, Turn 1/4 turn right stepping down on the right foot, Touch left foot out to left side
右足前踢, 右轉90度右足踏, 左足左點
- 7&8 Kick left foot forward, Make 1/2 turn left stepping down on left foot, Touch right foot out to right side
左足前踢, 左轉180度左足踏, 右足右點

第八段 Salior Step Hook Unwind Press Ball Step With 1/4 Turn Hitch

- 1&2 Right foot behind left, Step left foot to left side, Step right foot to right side 右足於左足後踏, 左足左踏, 右足右踏
- 3-4 Hook left foot behind right, Unwind 3/4 turn to the left
左足於右足後勾, 左繞轉270度
- 5-6 Rock forward on the right foot, Recover weight to left foot
右足前下沉, 左足回復
- &7-8 Bring right foot to left, Step back on left foot starting to make a 1/4 left, Hitch up right leg while finishing the 1/4 turn
右足併踏, 左足後踏左轉90度, 右膝抬

RESTART: ON the 3rd wall after count 32 you will make a 1/4 to the left to restart so the counts will be: 第三面牆跳至第四段時, 第8拍做左轉90度後, 從頭起跳

- 5-6 Rock forward on the right foot, Recover weight back to the left
右足前下沉, 左足回復
- 7-8 Step right foot back, make a 1/4 turn left stepping left foot to left side 右足後踏, 左轉90度左足左踏
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