

Whine Your Body Up

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Improver
編舞者: Ernie Yin (INA) - July 2016
音樂: Whine Up by Kat Deluna – Naijapals



INTRO : 32 SEQUENCE : A-A-A(16)-B-A-A-A-B-A-A(16)-B-B-B

A.I ROCKING CHAIR – FORWARD – PIVOT ¼ RIGHT – CROSS

1 2 Step Rf Forward – Recover On Lf
3 4 Step Rf Back – Recover On Lf
5 6 Step Rf Forward – Step Lf Forward
7 8 Turn ¼ Right Step On Rf – Step Lf Across Rf

A.II STEP SIDE – HIPBUMP – TURN ½ LEFT

1 2 Step Rf To Side – Touch Lf Slightly Diagonal Left
3 4 Bump Hips Down 2x
5 6 Turn ¼ Left Step On Lf – Step Rf Forward
7 8 Turn ¼ Left Step On Lf – Close Rf Beside Lf

***RESTART HERE DO THE 8 COUNT AS A TAP SO WEIGHT IS ON LF**

A.III CHARLESTON STEP – CROSS TOUCH 2X

1 2 Step Lf Forward – Touch Rf Forward
3 4 Step Rf Back – Touch Lf Back
5 6 Step Lf Across Rf – Touch Rf To Side
7 8 Step Rf Across Lf – Touch Lf To Side

A.IV ROLLING VINE – JAZZ BOX STEP

1 2 Turn ¼ Left Step On Lf – Turn ½ Left Step Rf Back
3 4 Turn ¼ Left Step Lf To Side – Touch Rf To Side
5 6 Step Rf Across Lf – Step Lf Back
7 8 Step Lf To Side – Step Lf Forward

B.I BOTAFOGO 2X – PIVOT ½ LEFT – FORWARD SHUFFLE

1 & 2 Step Rf Across Lf – Step/Ball Lf To Side – Recover On Rf
3 & 4 Step Lf Across Rf – Step/Ball Rf To Side – Recover On Lf
5 6 Step Rf Forward – Turn ½ Left Step On Lf
7 & 8 Step Rf Forward – Lock Lf Behind Rf – Step Rf Forward

B.II BOTAFOGO 2X – PIVOT ¼ RIGHT – CROSS SHUFFLE

1 & 2 Step Lf Across Rf – Step/Ball Rf To Side – Recover On Lf
3 & 4 Step Rf Across Lf – Step/Ball Lf To Side – Recover On Rf
5 6 Step Lf Forward – Turn ¼ Right Step On Rf
7 & 8 Step Lf Across Rf – Lock Rf Behind Lf – Step Lf Across Rf

B.III SIDE TOUCH WITH HIP ROLL – KICK BALL CROSS – PIVOT ¼ LEFT

1 2 Step Rf To Side – Touch Lf To Slightly Diagonal Left
3 4 Step Lf To Side – Touch Rf To Slightly Diagonal Right
(Option: On Count 1-4 Can Do Hip Roll When Step To Side And Touch)
5 & 6 Kick Rf To Diagonal Right – Step Rf Beside Lf – Step Lf Across Rf
7 8 Step Rf To Side – Turn ¼ Left Step On Lf

B. IV FORWARD HIPBUMP 2X – PIVOT ½ LEFT – WALK

1 & 2 Touch Rf Forward Bump Hips Up – Bump Hips Down – Step On Rf Forward

3 & 4 Touch Lf Forward Bump Hips Up – Bump Hips Down – Step On Lf Forward
5 6 Step Rf Forward – Turn ½ Left Step On Lf
7 8 Step Rf Forward – Step Lf Forward

Enjoy The Dance ... And Happy Dancing...

Contact: ernie.yin@gmail.com
