

Slow Wait

拍數: 40 牆數: 4 級數: Beginner
編舞者: BM Leong (MY) - February 2017
音樂: Wait Patiently (慢慢等) - Anna Tong (董美燕)



Sequence of dance: 40/32/36/32/36/Tag/40/32/36/32/36/Tag/32/36/Tag/Tag/40/Repeat S5 To The End
Start after 16 counts.

S1 – RIGHT SHOOP, BUMP, HOLD, BUMP, HOLD

- 1-2 Step R forward along right diagonal, step L together
- 3-4 Step R forward along right diagonal, touch L together & clap
- 5-6 Bump hips to the left, hold (put left palm forward as a wait sign)
- 7-8 Bump hips to the right, hold (put right palm forward as a wait sign)

S2 – LEFT SHOOP, TOE STRUTS

- 1-2 Step L forward along left diagonal, step R together
- 3-4 Step L forward along left diagonal, touch R together & clap
- 5-6 Touch right toes forward, step right heel down pulling right fingers across eyes
- 7-8 Touch left toes forward, step left heel down pulling left fingers across eyes

S3 – ROCKING CHAIR, MONTEREY 1/4 TURN RIGHT

- 1-2 Rock R forward, recover onto L
- 3-4 Rock R back, recover onto L
- 5-6 Point R to right side, 1/4 turn right step R together
- 7-8 Point L to left side, step L together

S4 – OUT, OUT, IN, IN, HIP BUMPS

- 1-2 Step R out, step L out
- 3-4 Step R in, step L in
- 5-6 Bump hips to the right twice
- 7-8 Bump hips to the left twice

S5 – HIP BUMPS & HAND CLAPS

- 1-2 Bump hips to the right, clap twice
- 3-4 Bump hips to the left, clap once
- 5-6 Bump hips to the right, clap twice
- 7-8 Bump hips to the left, clap once

TAG

- 1-2 Put right palm forward (wait sign), hold
- 3-4 Put left palm forward (wait sign), hold
- 5-6 Put right palm forward (wait sign), hold
- 7-8 Put left palm forward (wait sign), hold

- 1-4 Rolling vine to the right on RLR, touch L together
- 5-8 Rolling vine to the left on LRL, touch R together

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