

拍數: 64 牆數: 2 級數: Easy Intermediate

編舞者: Lisa McCammon (USA) - July 2017

音樂: Hold up Wait a Minute (Woo Woo) - Antonique Smith : (CD: Hold Up Wait A

Minute, Woo Woo)



#16 count intro; start weight on RIGHT

Thanks to Rachael McEnaney-White for the inspiration to write this as a floor split for her advanced dance, Woo Woo.

WALK BACK L, R, L, TURN-CLOSE-STEP, WALK, WALK, ROCK-RECOVER

1-2-3 Walk back L, R, L (sweep R to prepare for turn)

4&5 Turn right ¼ [3] stepping back R, step L next to R, step forward R

6-7, 8& Walk forward L, R, rock forward L, recover R

WALK BACK L, R, L, COASTER STEP, STEP, TURN, CROSS-&-CROSS

1-2-3, 4&5 Walk back L, R, L, step back R, close L, step forward R

6-7, 8&1 Step forward L, turn right ¼ [6], cross L, step R to side, cross L

SIDE, TOUCH, KICK-BALL-CROSS, SIDE, TOUCH, KICK-BALL-CROSS

2-3, 4&5 Step R to side, touch L next to R (open slightly to left diagonal), kick L, step L, cross R Step L to side, touch R next to L (open slightly to right diagonal), kick R, step R, cross L

SWAY R, L, R SAILOR, CROSS ROCK, RECOVER, TURN-CLOSE

2-3 Step R to side swaying R, sway L

4&5 Step R behind, step L to side, step R to side (open slightly to right diagonal)

6-7, 8& Cross rock L, recover R, turn left 1/4 [3] stepping forward L, close R

STEP, HITCH, OUT-OUT-IN-IN-BALL-HEEL-BALL-TOES-BALL-STEP, TURN

1-2 Step forward L, hitch R

&3&4 Step R to side, step L to side (feet slightly apart, weight L), step R in, close L (weight L)

&5&6 Step R slightly back, touch L heel forward, step L home, touch R toes home

&7-8 Step R slightly back, step forward L, turn right ½ [9]

REPEAT PREVIOUS 8

1-2 Step forward L, hitch R

&3&4 Step R to side, step L to side (feet slightly apart, weight L), step R in, close L (weight L)

&5&6 Step R slightly back, touch L heel forward, step L home, touch R toes home

&7-8 Step R slightly back, step forward L, turn right ½ [3]

STEP, POINT, POINT, CROSS, TURN SIDE, CROSS-&-CROSS

1-2-3-4 Step forward L, point R toes to side, point R toes forward, point R toes to side

5-6-7, 8&1 Cross R, turn right ¼ [6] stepping back L, step R to side, cross L, step R to side, cross L

SIDE, CLOSE, &-POP-&-POP, SIDE-CLOSE-FORWARD, SIDE-CLOSE [RUMBA BOX WITH COUNT 1]

2-3 Step R to side, close L (weight even on balls of feet)

8485 Pop both knees forward/back, forward/back, ending weight on L Step R to side, close L, step R forward, step L to side, close R

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