

Baby Ahh

拍數: 192 牆數: 1 級數: Phrased Intermediate
編舞者: Y P. J (INA) & Roly Ansano (USA) - March 2019
音樂: Baby (feat. MARINA & Luis Fonsi) - Clean Bandit



Seq: AB-CD-AE-B*-CD-FD-D

Intro: 32 counts

1-4 R toe side, R foot together, L toe side, L foot together
5-8 Step side-together-side R-L-R, touch L together

9-12 L toe side, L foot together, R toe side, R foot together
13-16 Step side-together-side L-R-L, touch R together

17-24 Repeat steps 1-8

25-26 Step L side (bend knees and pop up L shoulder), R foot together (pop up R shoulder)
27-30 Repeat steps 25-26 (2X)
31-32 Step L side, touch R together

SECTION A : ELBOWS UP

1-4 R toe forward, R foot back, L toe forward, L foot back
5-8 Step back R-L-R, step L together

9-16 Repeat steps 1-8

17-20 Step R forward diagonally to right, L foot together, hold for 2 counts pumping shoulders
21-24 Step L forward diagonally to left, R foot together, hold for 2 counts pumping shoulders

25-28 Step R back diagonally to right, L foot together, hold for 2 counts pumping shoulders
29-32 Step L back diagonally to left, R foot together, hold for 2 counts pumping shoulders

Styling:-

1-2 Fold arms across chest, fingers tip-to-tip, elbows up
3-4 Raise arms up, palms in
5-8 Lower arms down

SECTION B: PUSH WALL; OUT-OUT ROUTINE

1-4 R toe side, R foot together, L toe side, L foot together
5-8 Step back R-L-R (small steps), step L together

9-16 Repeat steps 1-8

17-18 Step R forward diagonally to right, step L forward diagonally to left
19-20 R foot back, step L together
21-22 Point R toe side (knee bent in), step R together
23-24 Point L toe side (knee bent in), step L together

25-32 Repeat steps 1-8

Styling:

1-2 R arm forward, wrist bent, fingers up
3-4 L arm forward, wrist bent, fingers up
5-8 Pull hands to chest then open arms to sides
17-18 Raise R arm up, raise L arm up

- 19-20 Drop R arm to side, drop L arm to side
- 21-22 Sweep R hand down and across to left, return hand
- 23-24 Sweep L hand down and across to right, return hand

SECTION C: HEEL SWITCHES

- 1&2& R heel forward, R foot together, L heel forward, L foot together
 - 3&4& Repeat steps 1&2&
 - 5-8 Walk forward R-L-R-L

 - 9-12& Repeat heel switches
 - 13-16 Walk back R-L-R-L

 - 17-20 Repeat heel switches
 - 21-24 Swivel skate forward R-L-R-L

 - 25-28 Step R back diagonally to right, touch L together, step L back diagonally to left, touch R together
 - 29-32 Repeat steps 25-28
- Styling:**
- 21 Extend R arm up above shoulder; extend L arm down below shoulder
 - 22 Reverse arm extension
 - 23-24 Same as 21-22
 - 25-32 Pump shoulders at each diagonal move

SECTION D: FLYING KISSES

- 1-2 Step R forward diagonally to right, touch L together
 - 3-4 Step L forward diagonally to left, touch R together
 - 5-8 Walk back R-L-R, step L together

 - 9-24 Repeat (2X) steps 1-8

 - 25-32 Repeat steps SECTION B(17-24)
- Styling:**
- 1-2 Kiss R hand, then sweep it out to side
 - 3-4 Kiss L hand, then sweep it out to side
 - 5-8 Cross arms and hold them over chest

SECTION E: HEARTBEATS

- 1-4 Lean body diagonally to left and touch R to side, hold over 3 counts
 - 5-8 Square up and step R together, stomp L-R-L in place

 - 9-12 Lean body diagonally to right and touch L to side, hold over 3 counts
 - 13-16 Square up and step L together, stomp R-L-R in place

 - 17-20 Step side-together-side R-L-R, touch L together
 - 21-24 Step side-together-side L-R-L, touch R together

 - 25-28 Step R side, touch L together, step L side, touch R together
 - 29-32 Repeat steps 25-28
- Styling:**
- 1-2 Push R arm to left across chest, hold; 3-4 Pat chest with R hand twice
 - 5-8 Open arms to sides
 - 9-12 Repeat 1-4 with L arm and hand; 13-16 Open arms to sides
 - 17-20 Sweep R arm in an upward clockwise circle
 - 21-24 Sweep L arm in an upward counter-clockwise circle

25-32 Push arms up then pull arms down at each sideways move

SECTION B*: PUSH WALL

1-32 Repeat (4X) steps SECTION B(1-8)

SECTION F: SLOW RHYTHM

1-4 Step R forward, L together, hold over 2 counts

5-8 Hold foot position

9-12 Lean body diagonally to right and touch L side, hold, square up and step L in place, hold

13-16 Do a body roll

17-20 Lean body diagonally to left and touch R side, hold, square up and step R in place, hold

21-24 Do a body roll

25-32 Repeat steps SECTION B (17-24)

Styling:

1-2 Push arms forward, hands together, wrists bent, fingers up

3-4 Draw hands out to sides

5-6 Turn palms in and bring arms together overhead

7-8 Lower arms

9-12 Push L arm to right, hold, pull arm back to left, drop arm

17-20 Push R arm to left, hold, pull arm back to right, drop arm

Note:

The Pre-dance using the Intro of the music track is optional.

The main dance begins on Section A, after the words "Tres, Dos. Uno".
