

Mhmm, Aha

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Paul Steinborn (DE), Emma Ruhnau (DE), Jenny Jahr (DE) & Zarah Charline Ezzine (DE) - October 2019
音樂: Lifted - Butter



Restart: in wall 4 after 16 counts

Section 1: PUSH/BACK R/MODIFITED COSTERSTEP L/ SAMBA BASIC R + L

1 2 Push bottom back and both hands to front (1), Step back on R (2)
3 & 4 Step back on L (3), Step together on R (&), 1/8 turn R with Step side on L (4)
5 a 6 Cross behind on R (5), Step side on L (a), Step side on R (6)
7 a 8 Cross behind on L (7), Step side on R (a), Step side on L (8)

Section 2: PADDLE 1/2 TURN BACKWARDS R/ SAMBA BASIC R/ UNWIND/FULL TURN

1 2 1/8 turn R with point to R (1), 1/8 turn R with point to R (2)
3 4 1/8 turn R with point to R (3), 1/8 turn R with point to R (4)
5 a 6 Cross behind on R (5), Step side on L (a), Step side on R
7 8 Cross behind on L and start full turn L (7), finish full turn L next to R (8)

***Restart: after the full turn do a "Hold"!! the weight should be on both feets.**

Section 3: JUMP OUT-CROSS/1/2 TURN WITH KNEE POPS R/1/4 TURN R/1/2 TURN L

& 1 2 Jump out on both feets (&), Jump together L cross over R (1), Pop both knees forward (2)
3 4 1/4 turn R with pop both knees forward (3), 1/4 turn R with pop both knees forward (4)
5 6 1/4 turn R with step side on R and start rolling body (5), Finish rolling body (6)
7 8 1/2 turn L with step side on R and start rolling body (7), Finish rolling body (8)

Section 4: STEP DIAGONALBACKW R+L+R+R/ BACK ROCK/ SIDE ROCK/ CROSS/ 1/4 TURN L/ TOGETHER

1 & 2 & Step diagonal back on R (1), Touch together on L (&), Step diagonal back on L (2), Touch together on R (&)
3 & 4 Step diagonal back on R (3), Step together on L (&), Step diagonal back on R (4)
5 & 6 & Rock back on L (5), Recover on R (&), Side Rock on L (6), Recover on R (&)
7 & 8 Cross over on L (7), 1/4 turn L with step back on R (&), Step together on L (8)