

Word Up

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Alessandro Boer (IT) - November 2021
音樂: Word Up - The BossHoss



Start dancing on lyrics

SIDE SHUFFLE, CROSSED ROCK STEP, SIDE SHUFFLE, HOLD, STEP X2 AND TURN, CLAP X2

1&2 Right step to right, close left next to right, right step to right
3& Cross left behind right, recover weight on right
4&5 Left step to left, close right next to left, left step to left
6 Hold
&7 Turn 1/4 to left and right step slightly forward, left step slightly forward next to right (9:00)
&8 Clap hands twice

HEEL, TOUCH, HEEL, CROSS, HEEL, CROSSED SHUFFLE, 1/4 TURN STEP

&1 Right step back diagonally to right, touch left heel
&2 Bring weight on left foot, right step next to left
&3 Right step back diagonally to right, touch left heel
&4 Bring weight on left foot, cross right on left
&5 Left step back diagonally to left, touch right heel
& Right step next to left
6&7 Cross left on right foot, right step next to left, Left step to right
8 Turn 1/4 to right and step right forward (12:00)

SIDE TOUCH, PADDLE TURN X3, SIDE SWITCH, 1/4 TURN RIGHT, 1/2 TURN LEFT, 1/2 TURN LEFT STEPPING LEFT BACK

1& Touch left foot to left side, touch left next to right
2& Turn 1/4 to right touching left foot to left side, touch left next to right (3:00)
3& Turn 1/4 to right touching left foot to left side, touch left next to right (6:00)
4 Turn 1/4 to right touching left foot to left side (9:00)
&5 Left step next to right, touch right foot to right side
6-7 Turn 1/4 to right, turn 1/2 to left (6:00)
8 Step right back while turning 1/2 to left (12:00)

1/2 TURN SHUFFLE FORWARD, 1/4 TURN SIDE SHUFFLE, SAILOR STEP; APPLEJACKS X2

1&2 Turn 1/2 to left stepping left forward, right step next to left, left step forward (6:00)
3&4 Turn 1/4 to left stepping right to right side, close left next to right, right step to right side (3:00)
5&6 Cross left foot behind right, step right to right side, step left to left side
&7 (With weight on right toe & left heel) swivel right heel & left toe to left, recover to center
&8 (With weight on right heel & left toe) swivel right toe & left heel to right, recover to center

REPEAT