

Hot Wasabi

拍數: 64 牆數: 0 級數: Phrased Intermediate
編舞者: Ashley Ironside (USA) & Cassie Murphy (USA) - February 2023
音樂: Wasabi - Little Mix



Sequence A tag A B A tag A B

*Long intro, Dance begins 33 seconds into music.

Part A : 32c

Mambo step, step right, step left, dipping body roll.

1, 2, 3, 4 Step R to R side, step R next to L, step L to L side, step L next to R.
5-6 Step R to R side, step L to L side.
7-8 1/8 turn R, bend knees and body roll.

Cross rock, shuffle, side, behind, slide, hitch.

1-2 cross L over R, recover weight on R.
3&4 1/4 turn L, shuffle L forward, R next to L, L forward.
5-6 1/4 turn over L shoulder stepping R to R side L foot behind R.
7-8 slide R hitch L knee up.

Funky weave, point forward, point side, body roll.

1-2 cross L over R pop R knee, step R to right side pop L knee.
3-4 cross L behind R pop R knee, step R to right side pop L knee.
5-6 point L forward point L to L side.
7-8 1/4 L body roll.

Rock recover, shuffle, full turn, shuffle.

1-2 rock back L recover R.
3&4 shuffle L forward, R next to L, L forward.
5-6 full turn over R shoulder stepping R then L.
7&8 shuffle R forward, L next to R, R forward.

Part B : 32c

Touch, Flick, Step, Sweep, Jazz box

1-2 touch L forward flick L up to L side.
3-4 step L forward, sweep R foot from back to front.
5,6,7,8 1/4 over R shoulder, cross R in front of L, step L back, step R to R side, cross L over R.

Slide, Suzie Q's, sailor

1-2 slide R
3,4,5,6 cross L foot over R grinding L heel, step right to right side, cross L foot over R grinding L heel, step right to right side (Suzie Q's)
7&8 1/2 over R shoulder, step R behind L, L next to R, R to R side.

Slide, shuffle, Jazz box

1-2 slide R
3&4 shuffle L forward, R next to L, L forward.
5,6,7,8 1/2 over R shoulder, cross R in front of L, step L back, step R to R side, cross L over R.

Shuffle, Rock recover, Full turn, Coaster

1&2 shuffle R forward, L next to R, R forward.
3-4 rock L forward recover R.

5-6 full turn back over L shoulder stepping L then R
7&8 step L backwards, step R next to L, step L forward.

Tag (facing 9)

1-2 rock L recover R.

3&4 step L back, cross R over L, step L back.

5-6 1/4 over L shoulder, step L touch R next to L, step R touch L next to R.

7&8 step L to L side, step R next to L, step L to L side.

1&2 step R behind L, L next to R, R to R side.

3&4 step L behind R, R next to L, L to L side.

5-6 cross R behind L hold

7-8 full turn unwind over R shoulder.
