Waffle House

拍數: 32

級數: Absolute Beginner

編舞者: Michelle Wright (USA) - May 2023

音樂: Waffle House - Jonas Brothers

Dance starts 8 counts from the start of the song - No tags or restarts!!

Section 1: R&L diagonal hip pushes w/ touch or hitch

- Step R into R diagonal as you push hip forward, Push hip back putting weight on L 1.2
- 3,4 Push R hip forward putting weight on R, Touch L next to R (optional clap)
- Step L into L diagonal as you push L hip forward, Push R hip back putting weight on R 5,6
- 7.8 Push L hip forward putting weight L, Touch L next to R (optional clap)

Section 2: R&L grapevines (can be Rolling vines)

- 1,2 Step R to R side, Cross L behind R,
- 3,4 Step R to R side, Touch L next to R or Hitch L knee up
- 5,6 Step L to L side, Cross R behind L
- 7,8 Step L to L side, Touch R next to L or Hitch R knee up

Section 3: R ¼ turning K step with claps

- 1,2 Step R forward into R diagonal, Touch L next to R and clap
- 3&4 Step L back, Touch R next to L and Clap X2
- 5,6 ¹/₄ turn R stepping R to R side, Touch L next to R and clap (3:00)
- 7&8 Step L to L side, Touch R next to L and clap X2

Section 4: V-step x2 with hand pushes (A.K.A party hands)

- Step R to R diagonal and push both hands up to R diagonal, Step L to L diagonal and Push 1,2 both hands up to L diagonal
- 3,4 Step R back, Step L next to R
- 5,6 Step R to R diagonal and push both hands up to R diagonal, Step L to L diagonal and Push both hands up to L diagonal
- 7.8 Step R back, Step L next to R

(My class liked to add some whoop whoops when we did the hands)

End of dance! Enjoy and add some extra fun, change to hitches and/or add some extra claps!

Make it fun!!

Any questions email Michellelinedance@gmail.com





牆數:4