

Watcha know

拍數: 32 牆數: 2 級數: Improver - Traditional
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音樂: Whatcha Know About That - Donovan Chapman



Intro : 16c

L = left, R = right, LF = left foot, RF = right foot, BW = body weight

(1-8) Long Step Back R, Slide L, Twist R, Kick Ball Cross R, Side Rock Step L, Cross L

1-2 Long step RF back, slide the tip of the LF to the RF
&3&4 Twist heels L-R-L-R bending and unbending the knees
5&6 « Kick ball Cross » : Kick with RF forward, RF next to LF, cross LF in front of RF
&7& BW on RF, « Side Rock Step » (syncopated) : LF to L, recover on RF
8 Cross LF in front of RF

For the first 8 counts, direct the shoulders, very slightly, to the right

(9-16) Side Rock Step R Sailor Step R, Heel fan L-R, Body Wave

1-2 « Side Rock Step » : RF to R, recover on LF
3&4 « Sailor Step » : cross RF behind LF, spread LF then RF
5&6& « Heel fan L-R » :

Open LF heel to L, refocus the heel, open RF heel to R, refocus the heel

7-8 « Body weave » : bend your knees and lean your back slightly, straighten your knees and stand up straight

Restart : 3rd wall (12H)

(17-24) Side Step L with body roll, Switch R, Side Step L, Cross Point Back R, ¼ turn with Step Fwd R, ½ turn with Step Back L, Triple Step ½ turn R

1-2 « Side Step with body roll » : LF to L and make a circular movement of the pelvis in an anti-clockwise direction

Start from the L – go to the R – and go back L

&3-4 Assemble RF next to LF, LF to L, cross point RF behind LF
5-6 ¼ turn R and RF forward, ½ turn R and LF back 3H-9H
7&8 « Triple Step ½ turn » : ¼ turn R and RF to R, assemble LF next to RF, ¼ turn R and RF forward - 3H

(25-32) Step turn ¼ L, Switch L, Heel Fwd R, Hold, Switch R, Rock Step Fwd L, Switch L, Stomp-up R, Kick R

1-2 « Step turn ¼ » : LF forward, ¼ turn R (BW on RF) 6H
&3-4 Assemble LR next to RF, heel RF forward, hold
&5-6 Assemble RF next to LF, « Rock Step Fwd » : LF forward, recover on RF
&7-8 Assemble LF next to RF, Stomp-up RF next to LF, kick RF forward

« All United » PASSION – PLEASURE – SHARING <3

Last Update - 11 Sept. 2023 - R1