

Ooh Ee!

拍數: 32 牆數: 4 級數:
編舞者: Claire Glasson (AUS) - March 2024
音樂: Been Like This - Meghan Trainor & T-Pain



(16 Count Intro) Start with Vocals

SEC 1: Step R, Flick L, Weave, Step side, Hips

- 1,2 Cross R in front of L on a 45-degree angle, Flick L foot behind you into a point as you 1/4 turn to your right on the ball of your right foot
- 3,4 Cross L over R, Step R to R side(straighten to 12:00)
- 5,6 Step L behind R, step R to R side
- 7,8 Push hip to L then R

SEC 2: Crump X2, Step Backwards, 1/2 Monterey

- 5,6 Arch back and push shoulders & hips forward twice
(optional arm movements on crump pumping hands back and forward at shoulder height)
- 7,8 Step R backwards, step L beside R
- 9,10 Point R to R side, as you bring your R in make a 1/2 turn to your R
- 11,12 Point L to Left side, step L across in-front of R

SEC 3: Weave, Roll Hips Forward & Back

- 13,14 Step R to R side, cross L behind R
- 15,16 Step R to R side, Cross L in-front of R
- 17,18 Step R on 45-degree angle roll hips forward, roll hips backwards
- 19,20 Roll hips forward, roll hips backwards (hip rolls are done in a figure 8 motion)

SEC 4: Pony, Pony, Kick & Point, 1/4 Sailor

- 1&2 Step right back hitching left knee, step left beside right, step right back hitching left knee
- 3&4 Step left back hitching right knee, step right beside left, step left back hitching right knee
- 5&6 Kick R forward, Step R beside L, Point L to L side
- 7&8 Cross left behind right, step left slightly to right turning ¼ left, step left in place

Have fun with it!

Sent from my iPhone
