

Elastic

拍數: 80 牆數: 1 級數: Phrased Advanced
編舞者: Krista Young (USA), Shayla Bouise (USA) & The Dancing Queen B (USA) -
August 2024
音樂: Elastic - Joey Purp



Intro: 8 counts, start with lyrics

Phrasing: A, B, A, B, B, B

Phrase A: 48c

[1-8] Walk x2, Step Touch x2, Hip Roll x2

1-2 Step fwd on RF, step fwd on LF
&3&4 Step RF to R, touch LF next to RF, step LF to L, step RF next to LF
5-6 Step RF to R side and start hip roll down to R with bent knees, shift weight to LF and
 straighten legs
7-8 Shift weight to RF and start hip roll down to R with bent knees, shift weight to LF and
 straighten legs

[9-16] Ball Rock-Recover, Behind Side Cross ¼ Turn, Rock-Recover Point, Body Roll Down & Up

&1-2 Step ball of RF next to LF, step LF to L starting hip roll to L, finish hip roll around the back
 ending with weight on RF
3&4 Step LF behind RF, step RF to R, ¼ turn over R shoulder stepping LF fwd (3:00)
5&6 Step fwd onto RF, recover back onto LF, point RF back
&7&8 Body roll down shifting weight to RF (&7), body roll up shifting weight to LF (&8)

[17-24] ¼ Turn Step Point, ¼ Turn Sailor Step, Kick Step Step, Rock-Recover

&1-2 ¼ turn over left shoulder stepping onto RF (12:00), point LF to L, hold
3&4 ¼ turn over left shoulder stepping LF behind RF (9:00), step down onto RF, step fwd onto LF
5&6 Kick RF fwd, step RF fwd, step LF fwd
7-8 Step fwd onto RF, recover back onto LF

****Optional styling on 1-2: (1) fold in half dropping chest down (2) stand up [aka "the Queen B drop"]**

[25-32] ¼ Turn Point, Rock-Recover, Behind Side Cross & Cross, Unwind, Bounce x2

&1-2 ¼ turn over R shoulder and point RF to R (12:00), shift weight to RF bending knees and
 moving hips down to R, shift weight to LF bending knees and moving hips down to L
3&4 Step RF behind LF turning ⅛ over L shoulder (10:30), step LF to L, step RF in front of LF
&5-6 Step LF to L, step RF in front of LF, unwind ½ over L shoulder (1:30)
7-8 Bounce, bounce

****Optional styling on 7-8: Please make this your own by popping hips, bouncing, rolling, etc.**

[33-40] Walk x2, Chase Turn, Camel Walks x3, Step

1-2 Step RF fwd, step LF fwd
3&4 Step RF fwd, pivot ½ over L shoulder shifting weight to LF (7:30), step RF fwd
5-6 Step fwd onto LF popping RF next to LF, step fwd onto RF popping LF next to RF
7-8 Step fwd onto LF popping RF next to LF, ⅛ turn over R shoulder stepping RF fwd (9:00)

[41-48] Chase Turn ¼, Groove x2, Slide, Behind Side Cross, Step, ½ Turn Flick

1&2 Step LF fwd, pivot ½ over R shoulder shifting weight onto RF (3:00), ¼ turn over R shoulder
 stepping LF to L (6:00)
3-4 Groove R, groove L
5 Step RF to R sliding LF towards RF
6&7 Step LF behind RF, step RF to R, step LF in front of RF

8& Step RF fwd with bent knees, ½ turn over L shoulder flicking RF (12:00)
****On 3-4, choose your groove. You can bounce, booty pop, sway, etc.**

Phrase B: 32c

[1-8] Hip Pop, Rock-Recover Drag, Step Step ¼ Turn, Kick Step, Hip Pop

1&2 Pop R toe fwd, R hip up, R hip down
3-4 Step RF to R, recover onto LF dragging RF towards LF
5-6 Step RF in front of LF, ¼ turn over R shoulder stepping back on LF (3:00)
&7&8 Kick RF fwd, step RF back popping L toe fwd, L hip up, L hip down

****Optional styling on 3-4: add in dancer arms for the step drag.**

[9-16] Full Turn, Walk x2, Rock-Recover, Backwards Paddle x2

&1-2 Step down onto LF, full turn over L shoulder on RF, step LF fwd
3-4 Step RF fwd, step LF fwd
5-6 Press RF to R, recover onto LF
7-8 Press RF to R with backwards paddle turn ¼ over R shoulder (6:00), press RF to R with backwards paddle turn ¼ over R shoulder (9:00)

****Optional styling on 5-8: lasso arms above your head!**

[17-24] Ball Change Step, Shuffle Step, Step Pivot, Shuffle Step

&1-2 Step ball of RF next to LF, step LF fwd, step RF fwd
3&4 ¼ turn over R shoulder stepping LF to L (12:00), step RF next to LF, step LF to L
5-6 ¼ turn over L shoulder stepping RF fwd (9:00), ½ turn pivot over L shoulder shifting weight to LF (3:00)
7&8 ¼ turn over L shoulder stepping RF to R (12:00), step LF next to RF, step RF to R

[25-32] Booty Roll ½ Turn, Booty Bounce, Slide, Behind Side Cross, Step, ½ Turn Flick

1-2 Step LF behind RF turning ½ over L shoulder and rolling booty from L back around to R (6:00)
3&4 Bounce hips to L, bounce hips to R, bounce hips to L (keeping weight in LF)
5 Step RF to R sliding LF towards RF
6&7 Step LF behind RF, step RF to R, step LF in front of RF
8& Step RF fwd with bent knees, ½ turn over L shoulder flicking RF (12:00)

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