

Ooh Baby!

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Chris Hodgson (UK)
音樂: Sick and Tired - Boz Scaggs



KNEE TURNS X 2, GRAPEVINE

1-2 With weight on right foot and left heel lifted, take left knee to left side and back to center
3-4 Take left knee to left side and back to center
5-6 Step left foot to left side, cross right foot behind left
7-8 Step left foot to left side, touch right foot next to left

KNEE TURNS X 2, GRAPEVINE

1-2 With weight on left foot and right heel lifted, take right knee to right side and back to center
3-4 Take right knee to right side and back to center
5-6 Step right foot to right side, cross left foot behind right
7-8 Step right foot to right side, touch left foot next to right

KICK BALL CHANGE, STEP, PIVOT X 2

1&2 Kick left foot forward, step onto ball of left foot, step onto right foot
3-4 Step left foot forward, pivot ½ turn left stepping right foot next to left
5&6 Kick left foot forward, step onto ball of left foot, step onto right foot
7-8 Step left foot forward, pivot ½ turn left stepping right foot next to left

KNEE ROLLS

1-2 With the heel slightly raised, roll left knee in a full circle left
3-4 With the heel slightly raised, roll right knee in a full circle right
5-6 Roll left knee to the left, roll right knee to the right
7-8 Roll left knee to the left, roll right knee to the right

TOE STRUTS FORWARD

1-2 Touch left toes forward, drop left heel to the floor
3-4 Touch right toes forward, drop right heel to the floor
5-6 Touch left toes forward, drop left heel to the floor
7-8 Touch right toes forward, drop right heel to the floor

SHIMMY, ½ TURN, SHIMMY, STEP

1-4 Step left foot to left side, shimmy hips & shoulders for 2 counts, turn ½ turn left on ball of left foot
5-8 Step right foot to right side, shimmy for 2 counts, step left foot next to right

TOE STRUTS BACK

1-2 Touch right toes back, drop right heel to the floor
3-4 Touch left toes back, drop left heel to the floor
5-6 Touch right toes back, drop right heel to the floor
7-8 Touch left toes back, drop left heel to the floor

STEP, SHIMMY FORWARD X 2

1-4 Step right foot diagonally forward, shimmy for 2 counts, touch left foot next to right
5-8 Step left foot diagonally forward, shimmy for 2 counts, touch right foot next to left

ROCK STEPS, STEP, PIVOT WITH BODY ROLL, STOMP, STOMP

1-2 Step right foot forward, rock back onto left foot

- 3-4 Step right foot back, rock forward onto left foot
- 5-6 Step right foot forward, turn ½ turn left with both knees bent and roll body
- 7-8 Stomp right foot in place, stomp left foot in place

ROCK STEPS, STEP, PIVOT WITH BODY ROLL, STOMP, TOUCH

- 1-2 Step right foot forward, rock back onto left foot
- 3-4 Step right foot back, rock forward onto left foot
- 5-6 Step right foot forward, turn ½ turn left with both knees bent and roll body
- 7-8 Stomp right foot in place, touch left foot next to right

REPEAT
