

Oops!

拍數: 0 牆數: 2 級數:
編舞者: Jean Greenman
音樂: Hit 'Em up Style (Oops!) - Blu Cantrell



Sequence: INTRO, A, A-, INTRO, A, A-, B, A-, C, B, A, A, B

INTRO

HEAD ROLL., KNEE POPS, FLASH HANDS

- 1-4 Roll head ½ moon left from down to up
5-8 Knee pops right, left, right, left while using flash hands left, right, left, right (hands and knees opposite each other)

After you are used to the music, you will find that you could do 1-8 again if you start right at the beginning of the song

PART A

- 1-2 Rock forward on right, rock back on left
3&4 Coaster step right, left, right
5-6 Rock forward on left, rock back on right
7&8 Coaster step left, right, left

STEP, ROCK, VINE

- 9-10 Step right foot out to right side, return rock left
11&12 Cross right foot behind left, step left foot to side, bring right foot over left
13-14 Step left foot out to left, twist body ¼ to left while rocking back on right foot
15&16 Step back left, right, ½ turn right ending with weight on left foot (facing right wall)
- 17-18 Cross right foot over left with a rock step right, left
19&20 Right out to right side, rock step right, left
21-22 Cross right over left with a rock step right, left
23&24 Triple step right, left, right while making a ½ turn to the right (facing left wall)

Counts 1-24 are A-

- 25-26 Cross left foot over right with a rock step left, right
27&28 Step left foot to left side, rock step left, right
29-30 Cross left foot over right with a rock step left, right
31&32 Triple-step left, right, left while making a ¾ turn to the left (facing front wall)

TOE TURNS

- 33-34 Step right foot back onto ball of foot (keep heel off floor)
35&36 Turn ½ turn right switching weight to left foot, triple forward left, right, left
37-40 Repeat 33-36
- 41-44 Repeat 33-36 again
45-46 Step forward on right foot, pivot ¼ left
47&48 Cross right foot over left, step out on left and cross right over left
- 49-50 Step left foot back onto ball of foot (keep heel off floor)
51&52 Turn ½ turn left switching weight to right foot, triple forward right, left, right
53-56 Repeat 49-52
- 57-60 Repeat 49-52 again

61-62 Step forward on left foot, pivot right ¼ turn
63&64 Cross left foot over right, step out on right, cross left foot over right

65-66 Step out on right while bump to the right, then bump left
67-68 Bump right twice
69-70 Bump left twice
71-72 Bump right, bump left

This is the end of Part A. Counts 65-72 are B

**PART C
BREAK**

1-4 Right arm fans out
5-8 Left arm fans out

9-12 Bring both arms down
13-16 Right arm wrap around top left side of your head, spin left one full turn

17-20 Cross right over left to spin around and unwind
21&22 Roll arms away (like Patty Cake)
23-24 Roll arms toward yourself

25-28 Push palms forward and bring arms down
29-32 Step left foot out to left side, slide right foot to left (travel)

33-36 Turn both toes outward, turn both toes inward
37-40 Repeat 33-36 moving to the right

Feet should end up pointing forward
