

Wabash Rock

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Todd Lescarbeau (USA)
音樂: Wabash Cannonball - The GrooveGrass Boyz



STEP-HITCHES WITH FINGER SNAPS, SYNCOPATED JAZZ-BOX

1-2 Step forward on right, hitch left knee as you snap fingers (hands move downward)
3-4 Step forward on left, hitch right knee as you snap fingers (hands move downward)

When stepping forward, an option would be to cross the "stepping foot" over and follow with the hitch of the knee

5-6 Step forward on right, hitch left knee while snapping fingers
7&8 Cross and step left over right, step back on right, step left beside right

TOE BACK, ½ TURN RIGHT, STEP, CLAP, OUT RIGHT-OUT LEFT, ½ LEFT WITH JUMPS

1-2 Touch right toe back, turn ½ right placing weight on right foot
3-4 Step left next to right, clap hands!
5-6 Step right foot to side, step left foot to side (feet approx. 12-18" apart) see below for hand movements
7&8 Turning to 1/8 left, slightly jump moving feet in (approx. 3"), continue to turn another 1/8 left moving feet inward another 3", finish rotating another ¼ left moving feet together

Hand movements: As you step right foot to right, bring right hand out to side palm facing out. Repeat same movement for the "left step to side." As you turn ½ left bring arms in crossing in front of chest. Palms resting just below the shoulders

SIDE-ROCK, CROSS, TOUCH, ¼ TURN LEFT WITH HOOK, SHUFFLE STEP, HIP BUMPS

1&2 Step right foot to right, recover onto left foot, cross-step right foot over left
3-4 Touch left toe out to side, turn ¼ left and hook left foot over right shin
5&6 Shuffle step forward left-right-left
7-8 Step forward on right and bump hips forward two times

Hand movements: As you bump hips forward, take right hand and pull in a downward motion (simulating pulling the cord of a train whistle)

SYNCOPATED ROCKS, RIGHT KICK FORWARD, ¼ TURN LEFT, SLAP HEEL

Hand movements: While executing the "syncopated rock steps", try a circular motion of the hands -- palms face in towards waist fingers extended (but not fanned) moving: forward, down and up

1&2& Rock forward on left, recover onto right, rock back on left, recover onto right
3&4& Rock forward on left, recover on right, rock forward on left, recover on right
5&6 Rock back on left, recover on right, rock forward on left foot
7-8 Kick right foot forward. Turning ¼ left, swing right foot out to side and slap heel with right hand

REPEAT

When Using the music "Wabash Cannonball", there will be a "BREAK" in the music. Continue to do the dance until you get to the bumps. Add two more bumps (this will make a total of 4 bumps) then go into the rock steps finishing the dance.