

拍數: 32 牆數: 4 級數:

編舞者: Unknown

音樂: Whoomp! There It Is - Tag Team



POINT, TOUCH, SIDE, SLIDE, SCOOT, SCOOT, JUMPS

Touch right toe to right sideTouch right toe next to left foot

3 Step side with right foot4 Slide left foot next to right

Scoot forward with weight on right foot while hitching left knee (chug)
 Scoot forward with weight on right foot while hitching left knee (chug)

7&8 Jump forward three times with feet together

HEEL TWISTS, STOMP, STOMP, REPEAT

9&10 Twist both heels right, left, center
11 Stomp right foot next to left foot
12 Stomp right foot next to left foot
13&14 Twist both heels right, left, center
15 Stomp right foot next to left foot
16 Stomp right foot next to left foot

FORWARD JUMPS

Jump forward with feet slightly apart
 Jump forward with feet slightly apart
 Jump forward with feet slightly apart
 Jump forward with feet slightly apart

As you jump forward, pump arms (right forearm at chest level or higher while left hand is at waist level on first jump, switch arms for second jump, alternate etc.)

HIP BUMPS

Push hips left
Push hips back
Push hips right
Push hips forward

KICK-BALL-CHANGE, CROSS, UNWIND 34, BACK THREE, TOUCH

25&26 Kick forward right, rock back on right, step in place left

27 Cross right foot over left foot

28 Unwind ¾ left, weight should stay on the right foot

Step back leftStep back rightStep back left

32 Touch right next to left

REPEAT