

# Whoop!

拍數: 0                      牆數: 2                      級數:  
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音樂: Whoop - Holly Valance



Sequence: ABC, Tag 1, ABC, Tag 2, BCC, Tag 3

## PART A

### ROCK & CROSS, SIDE MAMBO, SIDE BEHIND, & KICK & STEP

- 1&2                      Rock left foot to the left side, recover weight onto right, cross left foot over right
- 3&4                      Rock right foot to the right side, recover weight onto left, touch right foot next to left
- 5-6                      Step right foot to right side, cross left foot behind right
- &7&8                      Step right foot next to left, kick forward with left foot, step left foot next to right, step right foot forward

### FORWARD MAMBO, BACK MAMBO, KICK HITCH TURN, KICKBALL CROSS

- 1&2                      Rock left foot forward, recover weight onto right, step left foot next to right
- 3&4                      Rock right foot back, recover weight onto left, touch right foot next to left
- 5&6                      Kick right foot out to the right side, hitch right knee next to left making ½ turn left, touch right foot next to left
- 7&8                      Kick right foot diagonally forward to the right, step right foot next to left, cross left over right

### LUNGE SLIDE, HEEL & SIDE, CROSS & HEEL, TURN SAILOR STEP

- 1-2                      Lunge right foot to right side, slide left foot up to right, keeping weight on right
- 3&4                      Touch left heel forward, step left next to right, touch right foot to right side
- 5&6                      Cross right foot over left, step slightly back on left, touch right heel forward
- 7&8                      Cross right foot behind left, step left foot to left side making ¼ turn right, step forward on right

### STEP PIVOT, HITCH TURN TWICE, TURNING JAZZ BOX

- 1-2                      Step forward on left, pivot ½ turn right
- &3                      Hitch left knee, turn ½ right stepping back on left foot
- &4                      Hitch right knee, turn ½ right stepping forward on right foot
- 5-6                      Cross left foot over right, step back on right making ¼ turn left
- 7-8                      Step left foot to left side, touch right foot next to left

## PART B

### SKATE & BUMP TWICE, BRUSH & HEEL, & CROSS, TURN

- 1&2                      Skate forward on right pushing hips forward, bump hips back & forward
- 3&4                      Skate forward on left pushing hips forward, bump hips back & forward
- 5&6                      Brush right foot forward against left, step slightly back on right, touch left heel forward
- &7-8                      Step slightly back on left, cross right foot over left, unwind ½ turn left

### ROCK & CROSS, SWEEP TURN, ROCK RECOVER, STEP BACK, SLIDE

- 1&2                      Rock left foot to left side, recover weight onto right, cross left foot over right
- 3-4                      Sweep right foot ¾ turn left, touch right foot next to left
- 5-6                      Rock forward on right foot, recover weight onto left
- 7-8                      Step back on right, slide left foot back to right keeping weight on right

### KICK & SIDE, BOUNCE & BOUNCE, COASTER STEP, KICK HOOK TURN

- 1&2                      Kick left foot forward, step left foot next to right, touch right foot to right side
- 3&4                      Step forward on right, make ½ turn left bouncing heels twice
- 5&6                      Step left foot back, step right foot next to left, step forward on left

7&8 Kick right foot forward, hook right foot over left shin, make  $\frac{1}{4}$  turn left on left foot stepping right foot diagonally forward

### **SLIDE UP, STEP SLIDE, CROSS ROCK, TURN ROCK, TURN MAMBO TOUCH**

1-2 Slide left foot up to right (over 2 counts), keeping weight on right foot  
&3-4 Step left foot diagonally forward to the left, slide right foot up to left (over 2 counts), keeping weight on left foot  
5& Cross rock right over left, recover weight onto left  
6& Making  $\frac{1}{4}$  turn right, rock right foot to right side, recover weight onto left  
7&8 Making another  $\frac{1}{4}$  turn right, rock right foot to right side, recover weight onto left, touch right foot next to left

### **PART C**

#### **ROCK & SIDE, SLIDE, KICKBALL CROSS, UNWIND $\frac{3}{4}$**

1&2 Rock back on right, recover weight onto left, step right foot to right side  
**Arms: on count 1 push both arms out in front of you at face level, palms facing forward. On count 2 bring both arms down to sides**  
3 Slide left foot up to right, keeping weight on right  
**As you slide left up, circle both arms to the left in front of your body**  
4&5 Rock left foot to the left, recover weight onto right, touch left next to right  
**On count 4 push both arms out to the right side, level with shoulders, palms facing outwards to the side. On count 5 push both arms out to the left side at shoulder height, palms facing outwards to the side**  
6&7 Kick left foot diagonally forward to the left, step left foot next to right, cross right foot over left  
8 Unwind  $\frac{3}{4}$  turn left

#### **COASTER STEP, KICK & TURN, BEHIND CROSS BEHIND, TOUCH**

1&2 Step left foot back, step right foot next to left, step forward on left  
3&4 Kick right foot forward, step right foot next to left, step to the side on left making  $\frac{1}{4}$  turn right  
5 Cross right foot behind left  
&6 Step left foot to left side, cross right foot over left  
&7 Step left foot to left side, cross right foot behind left  
8 Touch left foot out to left side

#### **ROCK & SIDE, SLIDE, SIDE MAMBO, KICKBALL CROSS, UNWIND**

1&2 Rock back on left foot, recover weight onto right, step left foot to left side  
**On count 1 push both arms out in front at face level, palms facing forward. On count 2 bring both arms down to sides**  
3 Slide right foot up to left, keeping weight on left  
**As you slide right together, circle both arms to the right in front of your body**  
4&5 Rock right foot to right side, recover weight onto left, touch right foot next to left  
**On count 4 push both arms to the left side at shoulder height, palms facing outwards to the side. On count 5 push both arms to the right side at shoulder height, palms facing outwards to the side**  
6&7 Kick right foot diagonally forward to the right, step right next to left, cross left over right  
8 Unwind  $\frac{3}{4}$  turn right

#### **COASTER STEP, KICK & TURN, BEHIND CROSS BEHIND, TOUCH IN**

1&2 Step back on right, step left next to right, step right foot forward  
3&4 Kick left foot forward, step left foot next to right, step right foot to the right side making  $\frac{1}{4}$  turn left  
5 Cross left foot behind right  
&6 Step right foot to right side, cross left foot over right  
&7 Step right foot to right side, cross left foot behind right  
8 Touch right foot next to left

### **TAG 1**

#### **CROSS SHUFFLE, TURN TRIPLE STEP, ROCK & TURN, SLIDE**

- 1&2 Cross right foot over left, slide left up to right, step right foot forward  
3&4 Step back on left making  $\frac{1}{2}$  turn right, step forward on right making  $\frac{1}{4}$  turn right, step forward on left  
5&6 Rock forward on right, recover weight onto left, step right foot to the right side, making  $\frac{1}{4}$  turn right  
7-8 Slide left foot up to right (over 2 counts), keeping weight on right

## **TAG 2**

### **$\frac{1}{2}$ MONTEREY TURN & TOUCH, KICK & SIDE, STEP TURN STEP**

- 1-2 Touch right foot out to right side, make  $\frac{1}{2}$  turn right bringing right foot next to left  
3&4 Touch left foot to left side, step left foot next to right, touch right foot to right side  
5&6 Kick right foot forward, step right next to left, touch left foot to left side  
7&8 Step left foot forward, turn  $\frac{1}{2}$  right, step left foot forward

### **$\frac{1}{2}$ MONTEREY TURN & TOUCH, KICKBALL CROSS, BOUNCE & TURN**

- 1-2 Touch right foot to right side, make  $\frac{1}{2}$  turn right bringing right foot next to left  
3&4 Touch left foot to left side, step left foot next to right, touch right foot to right side  
5&6 Kick right foot diagonally forward to the right, step right foot next to left, cross left foot next to right  
7&8 Make  $\frac{1}{2}$  turn right bouncing heels twice, touch right foot next to left

## **TAG 3**

### **CROSS, UNWIND, STEP, TOUCH**

- 1-2 Cross right foot over left, unwind  $\frac{1}{2}$  turn left  
3-4 Step left foot forward, touch right foot next to left

**On count 4 push both arms up making a 'v' shape with palms facing upwards**

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