# Whoop!

拍數: 0

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

- Rock left foot forward, recover weight onto right, step left foot next to right 1&2
- 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 1/2 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 1/4 turn right, step forward on right

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

- 1-2 Step forward on left, pivot 1/2 turn right
- &3 Hitch left knee, turn 1/2 right stepping back on left foot
- &4 Hitch right knee, turn 1/2 right stepping forward on right foot
- 5-6 Cross left foot over right, step back on right making 1/4 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 1/2 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 <sup>3</sup>/<sub>4</sub> 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 1/2 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 ¼ 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 ¼ turn right, rock right foot to right side, recover weight onto left
- 7&8 Making another ¼ 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 ¾

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 <sup>3</sup>/<sub>4</sub> 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 ¼ turn right
- 5 Cross right foot behind left
- &6Step 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 <sup>3</sup>/<sub>4</sub> 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 ¼ 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 ½ turn right, step forward on right making ¼ turn right, step forward on left
- 5&6 Rock forward on right, recover weight onto left, step right foot to the right side, making ¼ turn right
- 7-8 Slide left foot up to right (over 2 counts), keeping weight on right

#### TAG 2

## 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 ½ right, step left foot forward

## 1/2 MONTEREY TURN & TOUCH, KICKBALL CROSS, BOUNCE & TURN

- 1-2 Touch right foot to right side, make ½ 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 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 ½ 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