

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
