

Wild Wild West

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Wild Wild West - Will Smith



AND STEP CROSS, AND STEP HOLD, AND CROSS ROCK, AND STEP ROLL

- &1 Rock back with ball of left foot, step right diagonally forward to right
2 Slide left foot up to and behind right foot in 5th position (weight on left)
&3-4 Step right back, place left foot diagonally forward (no weight), hold
While holding, swipe both hands in front from chest to hips, palms in
&5-6 Rock back with ball of left, cross rock right over left (open 5th), step left in place
&7 Step right to right side & slightly back(toe turned out to right), cross rock left over right (open 5th)
8 Hold as you do a full body roll forward but shift weight to right foot
Your body will be angle slightly to the right

1-8 Repeat above 8 counts. On the body roll, keep weight on the left foot
All body rolls require complete relaxation of the neck muscles in order that the head can be moved naturally and with ease. For the "full body roll" as described in this dance stand in a comfortable position with one foot in front of the other. Demi-plié on both legs (bend your knees) and effect a back arch position, with the pelvis extended backwards. Tucking the hips under, lose the back arch position and effect a contraction of the stomach muscles, remaining in demi-plié position. At the same time, incline the head forward slightly, all in one action. Now relax the stomach muscles and bring the shoulders to their normal upright position still keeping the head inclined forward. Allow the shoulders and head to incline slightly backwards momentarily, then return head and shoulders to their normal upright position.

ROGER RABBIT WITH ROCK STEPS

- &1 Scoot back on left & kick right straight back, hook right behind left putting weight on right releasing left foot
&2 Scoot back on right & kick left straight back, hook left behind right, putting weight on left releasing right foot
&3 Repeat counts &1
&4 Rock step left forward, step right in place
&5 Scoot back on right & kick left straight back, hook left behind right, putting weight on left releasing right foot
&6 Repeat counts &1
&7 Repeat counts &2
&8 Rock step right forward, step left in place

SYNCOPATED TOUCHES SIDE TO SIDE, FORWARD & BACK

- &1&2 Step right next to left, touch left toe to left side, step left next to right, touch right toe to right side
&3&4 Step right next to left, touch left heel forward, step left next to right, touch right toe back

CONTRACTIONS TRAVELING FORWARD

- &5 Step right up to left (3rd pos), place left foot forward (no weight) and "sit" back onto right leg with both knees bent slightly
Your head will be forward of your hips
6 Straighten up and shift weight to left foot
&7-8 Repeat counts &5-6

The CONTRACTION move is also known (incorrectly) as a body wave or "that pump thing from Cha-Cha Loco". A change in poise from the normal upright posture, the contraction may be taken from a stand-still position and from progressing movements. The contraction is taken by tightening the muscles of the stomach

slightly with a "caved-in" appearance causing the body to poise forward.

The NA-NI-GO motion is a "forward and backward" movement of the pelvic region, as opposed to the Cuban motion, which is a horizontal sideward movement of the hips. This action is used along with the contraction in this section of the dance while progressing forward slightly

½ MONTEREY, TOUCH,TOGETHER,TOUCH, SIDE BODY ROLLS

- 1-2 Touch right toe to right side, turn ½ right as you step right next to left
- 3&4 Touch left toe to left side, step left next to right, touch right toe to right side
- &5 Step right next to left, touch left toe to left side beginning side body roll
- 6 End side body roll with weight on left

Hint: Start body roll by tilting head down toward the direction of the foot. It is a "scooping" action with the head

- &7-8 Repeat counts &5, 6

These moves travel to the left slightly each time

RUNNING MAN (IN PLACE), ¼ TURN, STOMP, HOLD, ½ TURN HOLD

- 1& Step right forward while sliding left diagonally back, slide right back to center while hitching left knee
- 2& Step left forward while sliding right diagonally back, slide left back to center while hitching right knee
- 3& Step right forward while sliding left diagonally back, slide right back to center while hitching left knee
- 4& Step left forward turning ¼ left & slide right back, slide left back to center while hitching right knee
- 5-6 Stomp right forward, hold
- &7-8 On balls of both feet swivel (twist) ½ left, lower heels with weight over right foot on count, hold

REPEAT
