

Word Up

拍數: 32 牆數: 4 級數: Intermediate/Advanced
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音樂: Word Up - The Bunch



HITCH, REPLACE, STEP STEP, SIDE ROCK, MODIFIED SAILOR, HEEL BOUNCES

- 1-2 Hitch right leg (flex), step right foot next to left
While doing this the right hand (open flat hand) moves in a forward circular motion as if brushing the edge of the right foot and returns to it's original position. Start & finish position is: arm raised to side of body, elbow bent with hand open, palm forward, as if halting traffic. As the hand passes the edge of the foot, bend wrist as if scooping. As the hand returns to the start position flick wrist into original start position.
- 3-4 Step forward right, step forward left
&5 Rock right foot to right side, replace weight onto left foot
6&7 Step right foot behind left, step left foot to left side, & step forward diagonal on right foot.
Weight on both feet
&8 Bounce heels up & down (you are now facing a forward right diagonal)

KICK, BALL TURN, TURNING SAILOR, STEP SIDE, DRAG, BALL CROSS, HOLD

- 9&10 Turning body to right, kick right towards 3:00, step onto ball of right (starting to turn an additional ¼ to right) & complete turn stepping onto left foot (now facing 6:00)
11&12 Sweep right foot behind left, starting to turn a ½ turn right, step left next to right continuing turn, & step right foot across in front of left, competing turn
13-14 Take large step to left side, drag right to left
&15-16 Step ball of right foot behind left & step left over right, step forward on right and lunge into a forward diagonal. (now facing 12:00 wall with the body at a right diagonal)

CROSS ROCK & SIDE, CROSS ROCK & TURN, ROCK AND STEP BACK, DRAG, STEP, STEP

- 17&18 Cross rock left across right, replace weight on right & step left foot to left side
19&20 Cross rock right across left, replace weight on left & turn ¼ to right and step onto right foot
21&22 Rock forward on left recover onto right & take long step back on left
23&24 Drag right foot back to left, step right next to left & step left in place
On last two steps (&8) bend knee before each step (like a hitch)

STEP TAP, SQUAT, TAP, STEP, STEP

- 25-26 Step right foot to right side, tap left next to right
&27-28 Step left foot wide step to left side & step right foot in place, dropping body down into a squatting position with hands on thighs, snap head up looking forward
29 Hold position for 1 count
30 Step up onto left, tapping right foot next to left
31-32 Take wide step with right foot to right side, step left next to right

REPEAT