

Word Up

COPPER KNOB
STEPPERS

拍數: 32
編舞者: Rachael McEnaney (USA)
音樂: Word Up - Willis

牆數: 2

級數: Intermediate/Advanced



Count In 16 counts from start of track, and begin 32 counts from start of vocals

STEP LEFT SIDE, CROSS BEHIND WITH SWEEP & ¼ TURN LEFT, STEP BACK LEFT, BACK LOCK STEP ON DIAGONAL, STEP TOUCH WITH ¼ TURN, ¼ TURN INTO FULL TURN RIGHT

- 1-2 Step left to left side, cross right behind left as you release left leg to sweep around making ¼ turn left (9:00)
- 3 Step back on left opening body to 7:30 (diagonal)
- 4&5 Step back on right, cross right over left, step back on right (still on diagonal)
- &6 Make ¼ turn left stepping left to left side, touch right toe to right side (4:30)
- 7 Make ¼ turn right stepping forward on right (7:30)
- 8& Make ½ turn right stepping back on left, make ½ turn right stepping forward on right

SYNCOPATED ROCK INTO JAZZ BOX, SIDE ROCK, CROSSING SHUFFLE, SIDE ROCK CROSS

- 1&2& Rock forward on left, recover weight back onto right, rock left out to left side, recover weight onto right
- 3&4& Cross left over right, step back on right squaring up to face back wall, step left to side, cross right over left (6:00)
- 5& Rock left to left side, recover weight onto right
- 6&7 Cross left over right, step right to right side, cross left over right
- &8& Rock right to right side, recover weight onto left, cross right over left

STEP LEFT SIDE, HOLD, STEP TOGETHER, ¼ TURN LEFT STEPPING FORWARD, ¼ LEFT TOUCHING RIGHT TOE, BEHIND SIDE CROSS, HITCH, CROSS

- 1-2 Step left to left side, hold
- &3-4 Step right next to left, make ¼ turn left stepping forward on left, make ¼ turn left touching right toe to right side (12:00)
- 5&6 Cross right behind left, step left to left side, cross right over left
- 7-8 Hitch left leg (style with left toe in towards right knee - figure 4), cross left over right

RIGHT SIDE ROCK CROSS, ¾ TURNING TRIPLE RIGHT, 2 WALKS FORWARD, MAMBO ½ TURN RIGHT, ¼ TURN RIGHT TO BEGIN DANCE AGAIN

- 1&2 Rock right to right side, recover weight onto left, cross right over left
- 3&4 Make ¼ turn right stepping back on left, make ½ turn right stepping forward on right, step forward on left (9:00)
- 5-6 Step forward on right, step forward on left
- 7&8 Rock forward on right, recover weight onto left make ½ turn right stepping forward on right (3:00)
- & Make ¼ turn right on ball of right foot

REPEAT