

Word Up

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Word Up! - Cameo



JUMP OUT-IN-OUT, TWISTS ¼ TURN, PIMP WALK, STEP, PIVOT ½

- 1&2 Jump both feet out to sides, jump feet together, jump both feet out to side
3&4 Twist both heels to left, to right and to left making a ¼ turn right (weight left)
Styling: left shoulder down on count 3, left shoulder up and right shoulder down on count &, right should up and left shoulder down on count 4
5&6 Kick right foot forward, step forward on right foot, step forward onto left foot angling body to left while dipping down and bending knees
7-8 Rise up and step forward on right foot, pivot ½ left (weight onto left foot)

TOUCH TURNS, CROSS SHUFFLE, ROCK ¼ TURN, ¼ TURN, ¼ TURN

- &1&2 Pivot ¼ turn to left, point right foot to right side; repeat counts &1
3&4 Cross right foot over left foot and cross shuffle to left side
5-6 Rock out to left side on left foot, bring weight back to right foot and make a ¼ turn to right
7-8 Pivot ¼ right and step left foot to left side, pivot ¼ turn right and step back onto right foot

COASTER STEP, FUNKY WALK, KICK, ½ TURN KICK, SHUFFLE FORWARD

- 1&2 Step back on left foot, step together with right foot, step forward on left foot
3-4 Walk forward on right foot crossing over left foot, walk forward on left foot crossing over right foot
Styling: snap right fingers to left shoulder then to right shoulder as you walk
5-6 Touch right toe forward, keeping weight on left foot pivot ½ left on ball of left foot with small flick back with right foot and snap fingers up in air. Styling: point right hand forward and snap fingers, bend right arm at elbow and snap fingers up in air
7&8 Shuffle forward right, left, right

KICK & SIDE & HEEL-TURN-TOUCH, HIP BUMPS RIGHT, BODY ROLL LEFT

- 1&2 Kick left foot forward, step down on left foot, point right foot out to right side
&3&4 Step right foot next to left foot, tap left heel forward, step left foot home into a ¼ turn right, touch right foot next to left foot
5&6 Bend knees and step right foot a large step to right side and rise up as you bumps hips right, center, right
7-8 Step left foot out to left side, body roll to left side touching right foot next to left foot

JUMP FORWARD AND BACK, CHUG WALK RIGHT LEFT, KICK FRONT-BACK, PIVOT ½

- &1&2 Jump forward right, left (raise arms straight up in air), jump back right, left (bring arms down)
&3 Step forward on right foot and slide left toe up behind right foot (left arm in front of body bent at elbow and parallel to floor, palm down and touching bottom of right elbow. Right arm in front of body bend at elbow, fingers pointing straight up)
&4 Step forward on left foot and slide right toe up behind left foot (arms are mirror of &3 above)
5-6 Kick left foot low and forward (arms straight out in front, palms down, fingers touching), kick left foot low and straight back (arms cross over body, right hand to left shoulder, left hand to right shoulder)
7-8 Step forward on left foot (bring arms down to sides), pivot ½ right (weight on right foot)
9-16 Repeat previous 8 counts

STEP, KICK SIDE, BEHIND & ACROSS &, HEEL & STOMP, UNWIND, RONDÉ

- 1-2 Step forward right foot crossing over left foot, kick left foot out to left side - look left- snap left fingers

- 3&4& Cross left foot behind right foot, step right foot to right side, cross left foot over right foot, step right foot to right side
- 5&6 Tap left heel forward to left diagonal, step left foot next to right foot, stomp right foot next to left foot without taking weight
- 7-8 Cross right foot over left foot, unwind full turn right swinging left foot out from front to back keeping weight on right foot

SAILOR STEPS BACK, COASTER STEP, STEP, PIVOT ½

- 1&2 Step back on left foot crossing behind right foot, rock to right side on right foot, step left foot to left side
- 3&4 Step back on right foot crossing behind left foot, rock to left side on left foot, step right foot to right side
- 5&6 Step back on left foot, step right foot next to left foot, step forward on left foot
- 7-8 Step forward on right foot, pivot ½ turn left (weight on left foot)

REPEAT
