

Ya Know

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Guyton Mundy (USA), Bryan McWherter (USA), Carey Parson & Joey Warren (USA)
音樂: Shut Up (Radio Edit) - Black Eyed Peas



Thank you to Patrick Priest for his musical inspiration (bbbriing ding ding ding)

STEP, TURN, BODY ROLL, SHUFFLE, SWEEP, CROSS OVER

- 1-2 Step right foot to right side, swivel $\frac{1}{4}$ to the left
- 3&4 Body roll shifting weight to left foot
- 5&6 Shuffle forward right, left, right
- 7-8 Rondé (sweep) left foot around making a $\frac{3}{4}$ turn to the right, cross left foot over right foot

SHUFFLE BACK, TURN STEP, TURN SCUFF, STEP, SHOULDER ROCKS TURN, SCUFF STEP

- 1&2 Shuffle back right, left, right at an angle to the right
- 3&4 Step left to left side and make a $\frac{1}{4}$ turn to the left, scuff right foot forward, step right to right side and make a $\frac{1}{4}$ turn to the left
- 5-6 Rock shoulders to the left, rock shoulders to the right
- 7&8 Make a $\frac{1}{4}$ turn to the left and step forward on left foot, scuff right foot forward, step forward with right foot

BACK AND DRAG, TRIPLE STEP BACK WITH SPIRAL TURN, CROSS STEP, STEP TURN SHUFFLE

- 1 Step back on left (dragging right heel back)
- 2&3 Step back on right, step back on left, make a $\frac{1}{4}$ turn to the right and step right foot to right side (flicking left leg out to left)
- 4-5 Cross step left foot in front of right foot, step right to right side
- 6 Make a $\frac{3}{4}$ spiral turn to the left on the ball of the right foot

Keep the left toe on the same spot on the floor for as long as is physically possible, so that the left leg wraps around the right.

- 7&8 Shuffle forward left, right, left

SIDE ROCKS, SWEEP TURN, SHUFFLE, ROCK/RECOVER, TURN TOGETHER

- 1-2 Step right foot to right side rocking using your whole body, repeat back to left
- 3 Rondé (sweep) right leg around making a $\frac{1}{2}$ turn to the left
- 4&5 Shuffle forward right, left, right
- 6-7 Rock forward on left, recover back on right
- 8 Make a $\frac{1}{2}$ turn to the left on the ball of the right foot, step left foot together

REPEAT
