

Yamass!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: The Lady In Black (UK)
音樂: O.K. - Helena Paparizou



I have also choreographed a beginner version of this dance called "It's O.K." and can be used as a floor split

TOUCH, TOUCH, FLICK, CROSS ROCK, CHASSE RIGHT, CROSS ROCK

1&2 Touch right toe next to left, touch right toe next to left, pivot $\frac{1}{4}$ turn left on left while flicking right foot behind
3-4- Cross rock right over left, recover weight on left (straighten up to face 12:00)
5&6 Step right to right, step left next to right, step right to right
7-8 Cross rock left over right, recover weight on right

CHASSE LEFT, STEP TAP, BACK POINT, STEP SWEEP CROSS, STEP IN PLACE

1&2 Step left to left, step right next to left, step left to left
3&4& Step right forward, tap left toe behind right, step back on left, point right toe forward
5-6& Step right in place, sweep left across right step left across right (taking weight)
7-8 Step right in place, step left in place

CROSS ROCK, BEHIND ROCK, CROSS ROCK, BEHIND ROCK, CROSS SWEEP, STEP BACK, $\frac{1}{4}$ TURN

1&2& Cross rock right over left, recover on left, rock right behind left heel, recover on left
3&4& Repeat counts 1&2&

Counts 1-4 of this section is danced on the spot taking small steps keeping upper body straight and moving from the hips, arms should flow freely or out to the side in a Greek style

5-6-7 Cross right over left, sweep left across right step left across taking weight
&8 Step back on right, step left $\frac{1}{4}$ turn left

PIVOT $\frac{1}{2}$ TURN WITH CHEEKY PUSH, TAP STEPS, PIVOT $\frac{1}{2}$ TURN, ROCK STEP

1-2 Pivot $\frac{1}{2}$ turn left on left stepping right back at the same time push hips back (stick your bum out giving a cheeky push), step down on left
&3&4 Tap right next to left, step right forward, tap left next to right, step forward left
&5-6 Tap right next to left, step forward right, pivot $\frac{1}{2}$ turn right on right touching left next to right
&7-8 Rock left behind right heel, recover on right, step forward on left

REPEAT