

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Moving On Up - M People



ARM RIPPLES, WALK FORWARD 4 WITH ARM PUMPS

Start with feet apart, fingers laced in front of chest palms facing down, elbows lifted

- 1-2 Keeping fingers laced, raise right elbow up, down rippling through the wrists following through to the left elbow
- 3-4 Repeat 1-2. (option: the arm ripples can also be done as 4 quick ones or one slow, 2 quicks)
- 5-8 Walk forward right, left, right, left with fists up to sides, elbows bent (heel of fist hands facing forward). With each forward step, contract chest and pump fists and elbows forward.

ROGER RABBIT BACK RIGHT, LEFT, RIGHT, LEFT

- &1 Scoot back on left as right leg extends behind you, lock step right in behind left as you lift left knee
- &2 Scoot back on right as left leg extends behind you, lock step left in behind right as you lift right knee
- &3 Scoot back on left as right leg extends behind you, lock step right in behind left as you lift left knee
- &4 Scoot back on right as left leg extends behind you, lock step left in behind right as you lift right knee

HEEL JACKS & HOOK TURNS

- &5 Step back with right foot, touch left heel forward
- &6 Step forward with left foot, hook right foot tightly behind left ankle
- 7 Sharply turn ½ left on left foot with right foot still hooked behind left ankle
- &8 Step back with right foot, touch left heel forward

- &1 Step forward with left foot, hook right foot tightly behind left ankle
- 2 Sharply turn ½ left on left foot with right foot still hooked behind left ankle
- &3 Step back with right foot, touch left heel forward
- &4 Step forward slightly to left side with left foot, step right foot to right side putting weight on both feet

HIP CIRCLE BUMPS, KNEE BENDS RIGHT, CLAP, KNEE BENDS LEFT, CLAP

- 5-8 Slowly circle hips once to the left. As you circle your hips, you will also do quick heel drops on both feet using the count 5&6&7&8

- 1 Step right side with right foot, bending both knees, placing hands on thighs just above knees. The fingers should be on the inside and the thumbs on the outside of the legs, body leaned slightly forward.
- &2 Slightly straighten legs, maintaining position of body and hands (&), bend knees again (2)
- 3-4 Standing straight, close the left foot to the right foot, clap
- 5-8 Repeat 1-4 to left side, turning ¼ left as you close your feet, clap
- & Lace fingers to prepare for the arm ripple. As you start again, place right foot to right side so feet are apart

REPEAT

- 1) In counts 5-8 of the first section, the action of the arms resembles what you would do on a pectoral exercise machine (pec-decs) in a gym
- 2) Pedro Machado revealed that the &3 &4 counts in the ROGER RABBIT section were originally envisioned

as being slightly different (and a little more difficult), but were simplified to the above for ease of teaching. The steps he showed me were as follows:

ROGER RABBIT BACK RIGHT, LEFT, RIGHT, LEFT

- &1 Scoot back on left as right leg extends behind you, lock step right in behind left as you lift left knee
- &2 Scoot back on right as left leg extends behind you, lock step left in behind right as you lift right knee
- &3 Scoot back on left as right leg extends behind you, lock step right in behind left as you lift left knee (keeping weight on left foot)
- &4 Keeping right foot locked behind left ankle, rock back on to right popping left knee (keeping feet in the same position), rock forward on to left

3) In the ROGER RABBIT section, the knee lifts on the 1,2,3,4 counts are small, more like knee pops really (lift the knee, but keep the toe of the raised leg pointed down and just in contact with the ground)

4) Again in the ROGER RABBIT section, the upper body leans SLIGHTLY forward on the & counts and SLIGHTLY back on the on-beat counts.

5) In the HEEL JACKS & HOOK TURNS section, try FULL turns to the left instead of ½ turns.
