

Hip Hop '97

拍數: 96 牆數: 1 級數: Intermediate
編舞者: Barry Jones (USA)
音樂: Moving On Up - M People



The description has been separated into foot movements and hand movements. The dance may be easier to learn & teach if the feet are taught first and the hands added later.

FEET

LEAN, LEAN, HOLD, HOLD, KICK-TOGETHER (FOUR TIMES)

1-2 Lean all weight onto right foot, lean all weight onto left foot
3-4 Hold with weight evenly on both feet
Kicks on counts 5-24 are straight leg, low kicks, like a stiff legged soldier's steps
&5 Kick left foot diagonally forward to the left, step left foot together
&6 Kick right foot diagonally forward to the right, step right foot together
&7 Kick left foot diagonally forward to the left, step left foot together
&8 Kick right foot diagonally forward to the right, step right foot together

PADDLE TURN ½ RIGHT

& Lift the left knee across in front of the right leg while pivoting 1/6 turn to the right on the ball of the right foot
9 Touch the left toe to the floor beside the right foot, shoulder width apart
&10 Repeat &9
&11 Repeat &9
You should now be facing the back wall, having made a ½ turn in three moves
12 Step left foot next to right foot

JUMP, JUMP, KICK-TOGETHER, KICK-TOGETHER

With each jump do a Michael Jackson-style contraction, where the shoulders and feet are pushed forward while the middle of the body bends and goes backward.

&13 Jump straight up, land on both feet with feet shoulder width apart
&14 Repeat &13
&15 Kick right foot diagonally forward to the right (low straight kick), step right foot together
&16 Kick left foot diagonally forward to the left (low straight kick), step left foot together

PADDLE TURN ½ LEFT

& Lift the right knee across in front of the left leg while pivoting 1/6 turn to the left on the ball of the left foot
17 Touch the right toe to the floor beside the left foot, shoulder width apart
&18 Repeat &17
&19 Repeat &17
You should now be facing the front wall, having made a ½ turn in three moves
20 Step right foot next to left foot

JUMP, JUMP, KICK-TOGETHER, KICK-TOGETHER

With each jump do a Michael Jackson-style contraction, where the shoulders and feet are pushed forward while the middle of the body bends and goes backward.

&21 Jump straight up, land on both feet with feet shoulder width apart
&22 Repeat &21
&23 Kick right foot diagonally forward to the right, step right foot together
&24 Kick left foot diagonally forward to the left, step left foot together

CROSS, POINT, KICK-STEP-POINT, KNEE, KNEE, KICK-STEP POINT

- 25-26 Right cross over left, left point/touch side left. For styling, bend right knee.
27&28 Left kick forward, left step next to right, right point/touch side right. For styling, bend left knee
29&30& Keep right foot to side as you dip right knee in-out-in-out.
31&32 Right foot kick forward, right step next to left, left point/touch side left. For styling, bend right knee.

KICK-STEP-POINT TWICE, WALK, WALK, CHA-CHA ¾ TURN

- 33&34 Left kick forward, left step next to right, right point/touch side right. For styling, bend left knee.
35&36 Right kick forward, right step next to left, left point/touch side left. For styling, bend right knee.
37-38 Starting ¾ turn right, walk left, right, keeping a tight circle.
39&40 Finish ¾ turn as you cha-cha left-right-left. You will be facing ¼ left wall from starting wall

LUNGE-TOGETHER TWICE, KICK-STEP-POINT, KNEE, FORWARD

- 41&42 Lunge to the right with your right foot (bending the knees and keeping the left foot in place), left foot step in place as you face forward by turning ¼ right, right foot step next to left
43&44 Lunge forward with left foot as you turn ¼ right (bending the knees and keeping the right foot in place), right foot step in place as you face forward by turning ¼ left, left foot step next to right
45&46 Right foot snap kick side right (like a karate kick), right foot step next to left, left point/touch side left
47-48 Left knee up/forward, step forward left

KNEE UP, ¼ TURN, COASTER, CROSS, UNWIND

- 49-50 Right knee up, ¼ turn right in place on ball of left (keep right knee up)
51&52 Right step back, left step next to right, right step forward
53-54 Cross left over right, unwind ¾ turn right. End facing starting wall.
55-56 Stand with feet apart at shoulder width

SIDE TOGETHERS

- 57& Step to the right with the right foot, step left foot together
58& Step to the right with the right foot, step left foot together
59 Step to the right with the right foot
60 Hold (clap)
61& Step to the left with the left foot, step right foot together
62& Step to the left with the left foot, step right foot together
63& Step to the left with the left foot, step right foot together
64 Step to the left with the left foot

CROSS, UNWIND, KICK-STEP-TOUCH TWICE, KNEES OUT-IN-OUT

- 65-66 Cross right over left, unwind a full turn to the left
67&68 Right kick diagonally forward right, right step down diagonally forward, left touch next to right with knees bent
69&70 Left kick diagonally back left, left step down diagonally back, right step next to left
71&72 Knees out while doing toe splits, knees in while twisting heels out, knees out while twisting heels back to center

SKATES, ¼ FORWARD, ¼ HEEL, FORWARD, KNEE-UP

- 73 Point and slide the right foot to the right side keeping the opposite foot in place, turning the body in the direction of the skate.
74 Point and slide the left foot to the left side keeping the opposite foot in place, turning the body in the direction of the skate.
75 Right step forward into ¼ left
76 Turn ¼ left on ball of right foot and touch left heel forward
77 Left foot step forward

- 78 Right knee up
- 79-86 Repeat counts 75-78 two more times
- 87-88 Repeat counts 75-76. End with left heel forward facing starting wall.

FORWARD, TOGETHER, TOES, HEELS 3X, TOES, ROLL HEAD RIGHT, LEFT

- 89-90 Left foot step forward, right step next to left
- 91 With weight on left toes and right heel, swivel left heel and right toes to right
- & With weight on right toes and left heel, swivel right heel and left toes to right (you have moved to the right.)
- 92& Repeat 91&
- 93& Repeat 91&
- 94 Repeat 91
- 95 Bend knees, place hands on thighs
- 96 Hold

REPEAT

HANDS

The hands are what give the dance style!

PUNCH, PUNCH, ROLL, ROLL, UP, SLAP, CROSS, SLAP

All hand/wrist rolls are full circular motion with wrists, keeping fingers together, end with palms facing forward

- 1-2 Punch right fist across chest to left, punch left fist across chest to right. Forearms are crossed in front of you.
- &3 Roll wrist/hands out and up (to ear level, palms facing forward)
- &4 Roll wrist/hands in and down (extended down to side at thigh, palms facing forward)
- &5 Punch right fist across chest to left, drop right hand beside right side of body
- &6 Punch left fist across chest to right, drop left hand beside left side of body
- &7 Bring hands up to ear level with palms facing forward, slap thighs with both hands
- &8 Cross arms over chest and slapping shoulders, slap thighs with both hands

FLIP, FLIP, FLIP, HOLD, TWIST, TWIST, PUNCH, PUNCH (TWICE)

- 9-12 Flip wrist/hands to left on each count
- 13-14 With hands hanging at sides, turn palms forward as you jump and to back as you land (do this twice)
- &15 Punch left fist across chest to right, drop left hand beside left side of body
- &16 Punch right fist across chest to left, drop right hand beside right side of body
- 17-20 Flip wrist/hands to right on each count
- 21-22 With hands hanging at sides, turn palms forward as you jump and to back as you land (do this twice)
- &23 Punch left fist across chest to right, drop left hand beside left side of body
- &24 Punch right fist across chest to left, drop right hand beside right side of body

JUST REGULAR HANDS

- 25-28 Do nothing special with the hands
- 29-30 Snap fingers of right hand as knees dip inward
- 31-40 Do nothing special with the hands

ELBOWS UP ON LUNGES, THEN REGULAR HANDS

- 41 With fists together in front, raise elbows to shoulder height as you lunge
- 42 Bring your elbows back in and drop your hands as you step to center
- 43-44 Repeat elbows from 41-42
- 45-48 Do nothing special with the hands

ROLL HANDS UP, DOWN

- 49 Hands at sides, palms facing backward, elbows out
- 50 Roll hands up beside ears, palms facing forward as you pivot right
- 51-52 Hands drop back to sides during coaster step
- 53-54 Do nothing special with the hands during the $\frac{3}{4}$ turn
- 55-56 Roll hands up to side at ear level, palms facing out. Roll wrists/hands in and down, ending with palms facing forward

SIDE TOGETHERS

For the next 8 counts, keep lower arms in front of waist with closed fists, right above left

- 57 Shrug right shoulder up and left shoulder down
- & Shrug left shoulder up and right shoulder down
- 58& Repeat 57&
- 59 Shrug right shoulder up and left shoulder down
- 60 Open fists and clap, bringing right palm downward to meet left palm. Return hands to fists with left above right
- 61 Shrug left shoulder up and right shoulder down
- & Shrug right shoulder up and left shoulder down
- 62& Repeat 61&
- 63& Repeat 61&
- 64 Stand normally, hands at sides
- 65-70 Do nothing special with the hands except keep your balance

OUT-IN-OUT

- 71 With elbows close to body move arms out with palms facing forward
- & Bring hands together in front of abdomen with both palms facing your body
- 72 With elbows close to body move arms out with palms facing forward

SKATES, HAIR BRUSHES

- 73 With palm of left hand on abdomen and right elbow close to body, move right arm out with palm facing forward
- 74 With palm of right hand on abdomen and left elbow close to body, move left arm out with palm facing forward
- 75 Bring the palm of the right hand over the head from front to back as if smoothing your hair, ending with hand on the back of the head
- 76 With palm of right hand still on back of head, extend left arm out to the front with palm facing out to the left
- 77 Drop the right hand at your side and bring the palm of the left hand over the head from front to back, ending with hand on the back of the head
- 78 With palm of left hand still on back of head, extends right arm out to the front with palm facing upward
- 79-86 Repeat counts 75-78 two more times
- 87-88 Repeat counts 75-76
- 89-90 Drop hands at sides

UP, TOUCH, CROSS, TOUCH, UP, TOUCH, DOWN, HEAD ROLL

- 91& Extend right arm straight up, bring right arm down so right hand is touching front of right shoulder
- 92& Cross right arm across body so right hand is touching front of left shoulder, return right hand to right shoulder
- 93& Repeat 91&
- 94 Drop right hand at side
- 95 Bend knees, place hands on thighs, bring chin to chest and roll head over and up to the right shoulder
- 96 With hands still on thighs, roll chin down to chest and then roll head over and up to the left shoulder

REPEAT
