

Holla

拍數: 0 牆數: 2 級數: Advanced
編舞者: Alana Johanson (USA) & Michelle Jackson (USA)
音樂: Holla - Trin-i-tee 5:7



Sequence: A B AA B AAAA B

SECTION A

STEP ¼ TURN, PRESS, HEEL SLIDE, GLIDE STEP, ½ TURN

- 1 Step left forward (12:00)
- 2 ¼ pivot turn to the left (3:00)
- 3-4 Press right foot, recover on left foot while sliding right heel back
- 5 Touch right toe in front of left foot
- 6 Slide left foot back, right toe goes up and back on heel
- 7-8 Touch right toe behind left foot, ½ turn right with weight on right, (9:00)

LEFT HOLD, WEAVE, SLIDE TOUCH, TRAVELING KNEE ROLL

- 1-2 Step left foot out to left side, hold
 - 3&4 Step right foot behind left, step left foot to side, cross right over left
 - 5-6 Slide to the left, touch right foot next to left
 - 7 Weight on left foot, traveling to the right-move left heel to right and right knee out
 - &8 Move left toe to right and right knee in, move left heel to right and right knee out
- Right toe stays on floor and just pivots as you're moving your knee out-in-out**

STEP TOUCHES RIGHT, LEFT, STEP OUT RIGHT, LEFT, BUTTERFLY

- 1-2 Step right at diagonal, touch left toe next to right foot
- 3-4 Step left at diagonal, touch right toe next to right foot
- 5-6 Step right foot out to right, step left foot out to left, with arms following each leg
- 7&8 Bend knees in toward each other, roll knees out, reverse body roll

Arms follow knees and create a figure 8 with your fists

¼ TURN LOCK STEP, SHUFFLE, STEP ½ TURN, SHUFFLE FULL TURN

- 1-2 ¼ turn right stepping right foot forward, lock left foot behind right, (12:00)
- 3&4 Shuffle forward right, left, right
- 5-6 Step forward on left foot, ½ turn right with weight on right foot (6:00)
- 7&8 ½ turn right stepping left foot back, ½ turn right stepping forward on right, step left foot forward

when transitioning from A to A in pattern, on count 8 touch left toe, so you can step left to start count 1

SECTION B

Danced to "Holla" chorus

POINT LEFT, TOGETHER, KNEES OUT-IN-OUT-IN, 2X

- &1 Step right, point left toe out to side, (12:00)
- Also on count 1 cup your right hand up next to your mouth as if hollering**
- &2 Step left next to right, knees together
 - &3&4 Move knees out-in-out-in with feet together
 - &5-8 Repeat &1-4

¼ TURN, FRONT CROSS ROCK-BACK ROCK X3, ROCK ¼ TURN

- & ¼ turn left on left foot (9:00)
- 1& Cross rock with right foot in front of left, recover on left foot

Arms also cross in front on count 1

2& Rock back on diagonal with right foot, recover on left foot

Arms move back to sides on count 2

3&4& Repeat 1&2&

5&6& Repeat 1&2&

Steps 1-6 you will be traveling to the right

7& Cross rock with right foot in front of left, recover on left foot

8 ¼ turn right touching right foot next to left (12:00)

17-24 Repeat first 8 counts

&1 Step right, point left toe out to side, (12:00)

Also on count 1 cup your right hand up next to your mouth as if hollering

&2 Step left next to right, knees together

&3&4 Move knees out-in-out-in with feet together

&5-8 Repeat &1-4

ROLL KNEES RIGHT LEFT, ROLL SHOULDERS RIGHT LEFT, DOWN SPLIT, DOWN-UP HEEL JACK

1-2 Roll right knee to the right and back to center, roll left to the left and back to center

3-4 Roll right shoulder back, roll left shoulder back

5-6 Bend down with hands between knees, split knees apart while looking up

7-8 Head back down, knees in, up and slide to the right with left heel out to left

Also on count 8 put your right hand behind your head as if posing for a picture
