

Hollaback

拍數: 32 牆數: 4 級數:
編舞者: Judy McDonald (CAN)
音樂: Hollaback Girl - Gwen Stefani



STEP RIGHT SIDE, LEFT BALL CHANGE, LEFT KICK, LEFT BALL CROSS

1-2 Step right to side, step left behind right
&3&4 Step right in place, kick left forward, step left back, step right across in front of left

LEFT VINE, RIGHT TOGETHER, HEAD TURNS LEFT, THEN CENTER

5-6 Step left to side, step right behind left
&7&8 Step left to side, step right together, turn head to side look forward

SHOULDER ISOLATIONS - FORWARD, BACK, FORWARD, BACK, HEAD FLOP TO LEFT

1&2& Push shoulders forward, pull shoulders back, hold, push shoulders forward
3&4 Hold, pull shoulders back, bend head to left as if trying to touch ear to shoulder

The shoulders move on the drum beat so it may be easier to listen for that than to count it

WALK FORWARD RIGHT, LEFT, RIGHT, LEFT (WITH ATTITUDE)

5-8 Walk forward right, left, right, left

Put some attitude into these walks

RIGHT STEP TO SIDE, LEFT TOGETHER, HIP ROLLS TWICE

1-4 Step right to side (angle body a bit to left), step left together, roll hips around to the left for count 3-4

HEEL SWITCHES RIGHT, LEFT, RIGHT BALL CHANGE (MAKING ¼ TURN RIGHT)

5&6& Touch right heel forward, step right together, touch left heel forward, step left together
7&8 Touch right heel forward, step right back, step left forward

RIGHT SHUFFLE FORWARD, LEFT HITCH PULL BACK, LEFT STEP BACK, RIGHT STEP TOGETHER

1&2& Step right forward, step left beside right, step right forward, hitch left knee up while pulling your body back (stick your bum out)
3&4 Hold (or you can still be pulling back here), step left back, step right forward

RIGHT STEP SIDE, LEFT STEP SIDE, LEFT HEEL DROP

5-8 Step right to side, step left to side, lift left heel, drop left heel

REPEAT
