Go Wild! Uh-Huh!

拍數: 32

級數: Intermediate

編舞者: Su Marshall (NZ)

音樂: Last Time, Uh-Huh ('97 Techno Mix) - Scooter Lee

SAILOR SHUFFLE, SAILOR SHUFFLE, COASTER, HEEL SHIFTS

- 1&2 Cross left foot behind right; step right to side; step left to center
- 3&4 Cross right foot behind left; step left to side; step right to center
- 5&6 Step back on left; close with right; step forward on left
- 7 Step right to side & swing both heels to right side
- & Swing heels to left
- 8 Swing heels to right & turn body ¼ turn to the left (so feet & body are facing same direction, i.e. ¼ turn left from original wall)

Feet should be about shoulder width apart for heel shifts

HITCH, STEP, STEP WITH HIP WIGGLES TWICE, CROSS-OVER, UNWIND ¾

- 9-10 Hitch left knee; step forward on left
- 11&12 Step right to 45 (on ball of foot) & wiggle hips right, left, right

These are quick wiggles - count "3 & 4", stepping down on whole of foot on 4

- 13&14 Step left to 45 and repeat wiggles to left side (count "5 & 6" stepping down on 6)
- 15-16 Cross right over left; unwind ³/₄ turn to the left (to face original wall).

BOX TURN, CROSS, BALL, HEEL WITH ¼ TURN, FORWARD & TAP, BACK & TAP

- 17-18 Step left to 45, step right to 45 (parallel to left & about shoulder width apart)
- 19-20 Step back on left with ¼ turn to the left (right foot will have to move to be comfortable, while still keeping the same gap); step forward on right with ¼ turn to the left (feet still apart you will have stepped on all 4 corners of a square, hence the name "box turn")
- 21&22 Cross left over right; step right to side; 1/4 turn to the left & tap left heel forward
- 23&24 Step onto left (moving it back slightly); tap right toe behind left heel; step back on right; tap left heel forward

STEP & STAMP, HOLD, & STEP, STAMP SIDE, KNEE POPS, 3 COUNT HOLD

- &25 Step onto left; stamp forward on right
- 26&27 Hold for 1 count; close left to right; step forward on right
- 28&29 Stamp left to side; pop right knee forward; pop left knee forward
- 30-32 Hold for 3 counts

REPEAT





牆數:4