

# Are You?

拍數: 60      牆數: 4      級數: Intermediate  
編舞者: Larry Majors (USA) & Altie Majors (USA)  
音樂: Are You Jimmy Ray? - Jimmy Ray



## FOUR HIP-WALKS FORWARD LEFT-RIGHT-LEFT-RIGHT

- 1&2      Step forward on left foot at left angle and swing hips (left, right, left)  
3&4      Step forward on right foot at right angle and swing hips (right, left, right)  
5-8      Repeat at left angle and right angle

## ROCK STEP FORWARD LEFT - ROCK BACK RIGHT & SHUFFLE BACKWARD LEFT RIGHT LEFT

- 1-2      Step forward on left foot-rock back on right  
3&4      Shuffle backwards left, right, left

## ROCK STEP BACKWARDS RIGHT-ROCK FORWARD ON LEFT & SHUFFLE IN PLACE RIGHT LEFT RIGHT

- 5-6      Step backwards on right foot-rock forward on left  
7&8      Step home right, left, right

## SIDE WALK TO RIGHT-HEEL TOUCHES-CHA, CHA, CHA

- 1-4      Make  $\frac{1}{4}$  turn right and cross walk left right left right (step left over right, step right over left etc.)  
5-6      Touch left heel forward a left angle twice  
7&8      Step left foot home while turning  $\frac{1}{4}$  turn to left (you will be facing beginning wall) step right, left

## SIDE WALK TO LEFT - HEEL TOUCHES, CHA, CHA, CHA

- 1-4      Make  $\frac{1}{4}$  turn left as you step right foot to the left and crosswalk left-right-left  
5-6      Touch right heel forward twice  
7&8      Step right foot home while turning  $\frac{1}{4}$  turn to right (you will be facing beginning wall) step left, right

## CROSS-UNWIND-HIP BUMPS

- 1-2      Cross left leg over right-unwind  $\frac{1}{2}$  turn to the right (you will be facing rear wall)  
3&4      Bump hips right-center-left (these are fast bumps) - butt thing!!  
5-6      Cross left leg over right-unwind  $\frac{1}{2}$  turn to the right (you will be facing beginning wall)  
7&8      Bump hips right-center-left (these are fast bumps) - butt thing!!

## LEG SWEEPS-WITH ATTITUDE & BODY BUMPS

- 1-4      Sweep left foot out in a counter clock wise circular motion-ending with left foot next to right-place weight to left foot  
5-8      Sweep right foot out in a clock wise circular motion, ending with right foot next to left-weight on both feet

## HOP BACK-CROSS UNWIND-HIP WIGGLES

- 1-2      Hop backwards twice  
3-4      Cross left foot over right unwind  $\frac{1}{2}$  turn to right  
5-6      Push hips left-right - while rolling shoulders back left then right  
7&8      Push hips left, right, left - while rolling shoulders left, right, left

## KICK-CROSS- $\frac{1}{4}$ TURN-WALK-WALK

1-2 Make  $\frac{1}{4}$  turn left as you kick your left foot out to the side-cross left over right knee (you will be facing a new wall)

3-4 Walk forward left-right

**REPEAT**

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