

Are You?

拍數: 60 牆數: 4 級數: Intermediate
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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 ¼ 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 ¼ turn to left (you will be facing beginning wall) step right, left

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

- 1-4 Make ¼ 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 ¼ turn to right (you will be facing beginning wall) step left, right

CROSS-UNWIND-HIP BUMPS

- 1-2 Cross left leg over right-unwind ½ 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 ½ 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 ½ 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-¼ TURN-WALK-WALK

- 1-2 Make ¼ 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
