

Ahh Hah Abba (You Know What To Do) COPPER KNOB

拍數: 32 牆數: 4
編舞者: Diana Bishop (AUS)
音樂: Voulez-Vous - A*Teens

級數: Improver



1-2 Step right foot to right and bend right knee, shift weight to left foot in place

Shrug right shoulder down and up on counts 1-2

3&4 Shuffle forward right, left, right

5-6 Step left foot to left and bend left knee, shift weight to right foot in place

Shrug left shoulder down and up on counts 5-6

7&8 Shuffle forward left, right, left

&1-2 Step right to right, step left to left, tap right next to left

&3-4 Step right to right, step left to left, tap right next to left

5&6& Right heel touch forward, bring right next to left, left heel touch forward, bring left next to right

7&8 Right heel touch forward, bring right next to left, left heel touch forward

1-4 Step right forward, turn ½ to left, touch right next to left, hold

5-6 Jump feet apart, hold

Push arms up in air

7-8 Jump diagonally left bringing feet together, hold

Bring arms together above head & hold

Hands should still be above head, start bringing hands down to sides on the next 4 counts

1 Drop weight on to right heel and bend left knee forward

Left heel should be off floor with weight on left toes

2 Drop weight on to left heel and bend right knee forward

Right heel should be off floor weight on right toes

3 Drop weight on to right heel and bend left knee forward

Left heel should be off floor with weight on left toes

4 Drop weight on to left heel and bend right knee forward

Right heel should be off floor weight on right toes. Bottom wiggles up & down

1&2 Touch right heel forward, bring right next to left, step left in place

3-4 Step right forward, tap left next to right

5&6 Touch left heel forward, bring left next to right, step right in place

7-8 Step left forward, tap right next to left

1-2 Step right to right, touch left next to right

3&4 Side shuffle to left on left, right, left

5-6 Step right behind left, unwind ½ to right

7-8 Step left forward, step right to side

REPEAT