

Whoa

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Whoa - Lil' Kim



Intro: 48 counts from start ? 32 counts of lyrics (33 seconds)

Side, Pull arm bump, Punch South, Bump, Side cross, side kick ¼ toe strut

1 Step R to R side (1)
& With R fist in front of L shoulder forming a horizontal line, Force R Elbow to R side whilst bumping hips R sharply (&)
2 Punch R fist to the ground
& Bump hips L whilst holding the fist position (Do not take weight onto L) (&)
3,4,5,6 Step L to L (3) Cross R over L (4) Step L to L (5) Kick R diagonally fwd (6)
7,8 Make ¼ turn R touching R toe fwd (7) take weight onto R (8)

Single counted jazz box, syncopated jazz box HOLD Scissor Cross

1,2,3,4 Cross L over R (1) Step back on R (2) Step L to L (3) Cross R over L (4)
5&6& Cross L over R (5) Step back on R (&) Step L to L (6) Cross R over L (6)
7 HOLD (7)
8&1 Step L to L (8) Close R (&) Step L across R (1)

¼ back, coaster step, 2x ¼ paddles HOLD Cross side touch

2 Make ¼ L stepping back R
3&4 Step back L (3) Close R (&) Step L fwd (4)
5,6 Make ¼ L touching R to R (5) Make ¼ L touching R to R (6)
7 HOLD (7)
&8,1 Cross R over L (&) Step L long step to L (8) Touch R next to L (1)

NOTE: The cross step on &8,1 should be emphasised almost into a jump

¼ forward, ¼ rock & cross, turn sweep back touch, walk walk

2 Make ¼ R stepping R fwd (2)
3&4 Make ¼ R rocking L to L side (3) recover on R (&) Cross L over R (4)
&5 Step R a small step to R (&) Sweep L behind R making ½ L
&6 Jump back onto L hitching R knee (&) Touch R next to L (6)
7,8 Walk fwd R (7) L (8)

Start again!