

Wave Em Off

拍數: 32 牆數: 4 級數: Beginner
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音樂: Wave Em Off - Will Smith



Stomp, arms to left, clap, slap, ¼ turn, scuff step, touch, slide back, out-out.

1 RF Stomp fwd, bent L.knee, weight on LF
2 Both arms to the left
3 Clap with L.hand on top of R.hand
& Slap with R.hand the R.knee away
4 RF Step ¼ turn right
5 LF Scuff fwd.
& LF Step forward
6 RF Touch R.toe behind LF
7 RF Slide backwards
& LF Small step to left
8 RF Small step to right

Swivel right, swivel left, ¼ turn left, ¼ turn left, twice.

1 RF Put weight on R.toe, heel to the right
& RF Swivel heel back with weight
2 LF Put weight on L.toe, heel to the left
& LF Swivel heel back, with weight
3 RF Make ¼ turn left and step back
4 LF Make ¼ left and step to the left

Counts 5 till 8 ? repeat count 1 till 4

Slide hitch step, head movement, walk forward, walk backwards, ¼ turn left.

1 RF Slide to LF
& RF Lift R.knee and put down
2 LF Step to the left side
3 Turn your head to the left
4 Turn your head back
5 RF Step forward
& LF Step forward
6 RF Step forward, L.knee makes a circle from behind to front
7 LF Step backwards
& RF Step backwards
8 LF ¼ turn left and step to the left

Sailor step right, sailor step left, ¼pivot, out-out.

1 RF Cross behind LF
& LF Small step to the left
2 RF Small step to the right
3 LF Cross behind RF
& RF Small step to the right
4 LF Small step to the left
5 RF Step forward
6 LF ¼ turn left, weight on LF
7 RF Bending L.knee while putting RF behind L.knee
& RF Small step to the right
8 LF Small step tot the left.

Start over again.