

Whine Up

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Intermediate Cha Cha
編舞者: Helena Jeppsson (SWE) - July 2008
音樂: Whine Up (feat. Elephant Man) - Kat Deluna



Side, cross rock, hip bumps, cross rock, side rock, cross, ¼ turn L

- 1 Step right foot to right side
- 2& Cross rock left in front of right, recover weight onto right
- 3,4 Point left toe to left side and push hip to left twice
- 5& Cross rock left in front of right, recover weight onto right
- 6& Rock left foot to left side, recover weight onto right
- 7&8 Step left foot in front of right, make a ¼ turn L step back on right, step left beside right

Step fwd, lock step, step fwd, L triple fwd, rock step, sweep

- 1 Step fwd on right foot (9.00)
- &2 Step fwd on left foot, lock right behind left
- &3 Step fwd on left foot, step fwd on right foot
- 4&5 Step fwd on left, step right beside left, step fwd on left
- 6,7 Rock fwd on right foot, recover weight onto left begin sweep with right from front to back
- 8 Finish sweep with right foot

Backwards with cuban hips

- &1 Step back on right foot, point left toe fwd with bend knee
- &2 Step back on left foot, point right toe fwd with bend knee
- &3 Step back on right foot, point left toe fwd with bend knee
- 4 Hold
- 5 Point left toe fwd
- &6 Step back on left foot, point right toe fwd with bend knee
- &7 Step back on right foot, point left toe fwd with bend knee
- 8 Hold

Samba movement, cross, side, hip roll, full turn R

- 1&2 Step left foot in front of right, step right to right side, step left foot in place
- 3,4 Step right foot in front of left, step left foot to left side
- 5,6 Roll hips counter clockwise, end with weight on left
- 7,8 Step on right foot make a ½ turn R (3.00), step left foot side and make a ½ turn R (end facing 9.00)

Start dance again with count 1
