

What's Up

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sobrielo Philip Gene (SG) - October 2010
音樂: What's Up? - 4 Non Blondes : (Album: Bigger, Better, Faster, More!)



Intro: 64 beats, danced to the fast beats (approx. 132 beats per minute)

[1-8] Side rock, cross toe strut, ½ hinge turn right, cross rock

- 1-2 Rock R to right , recover weight onto the L
- 3-4 Touch R toe over L, drop R heel
- 5-6 Turning ¼ right step L back, turning ¼ right step R to side
- 7-8 Cross rock L over R; Recover weight onto the R (6 o'clock)

[9-16] Toe struts turning 1¼ left, ½ pivot

- 1-2 Turning ¼ left touch L toe forward, drop L heel
- 3-4 Turning ½ left touch R toe back, drop R heel
- 5-6 Turning ½ left touch L toe forward, drop L heel
- 7-8 Step R forward, turn ½ left (weight on L) (9 o'clock)

[17-24] Step lock step forward (2x)

- 1-2 Step R forward, lock L behind R
- 3-4 Step R forward, hold
- 5-6 Step L forward, lock R behind L
- 6-8 Step L forward, hold

[25-32] Jazz box (¼ turn right), ½ Pivot, Forward, touch

- 1-2 Cross R over L, step L back
- 3-4 Turning ¼ right step R to side, hold
- 5-6 Step L forward, turn ½ right (weight on R)
- 7-8 Step L forward, touch R toe beside L (6 o'clock)

[33-40] Right coaster Hitch, Left coaster hitch

- 1-2 Step R back, step L next to R,
- 3-4 Step R forward, hitch L
- 5-6 Step L back, step R next to L
- 7-8 Step L forward, hitch R

[41-48] Forward Rock, ½ turn right, Sweep, Cross Rock, Side

- 1-2 Step R forward, recover weight onto the L
- 3-4 Turning ½ right step R forward, sweep L from back to front
- 5-6 Cross L over R, recover weight onto the R
- 7-8 Take a big step to the left, bringing R towards L (12 o'clock)

[49-56] Right Sailor, Triple full turn left

- 1-2 Step R behind L, step L to the left
- 3-4 Step R to the right, hold
- 5-8 Do a triple turn on the spot (turning left) stepping L R L, hold (12 o'clock)

[57-64] Forward rock, ½ turn right, Triple turn forward

- 1-2 Step R forward, recover weight onto the L
- 3-4 Turning ½ right step R forward, hold
- 5-8 Do a triple step L R L forward, turning full turn right, hold (6 o'clock)

