

Dr. Wannado

拍數: 32 牆數: 1 級數: Novice / Intermediate
編舞者: Ivonne Verhagen (NL) - December 2010
音樂: Dr. Wanna Do - Caro Emerald



Part A

CROSS, SIDE, SAILOR STEP, CLOSE, CROSS, STEP, CROSS, HEEL&HEEL,STEP

1,2 RF cross over LF, LF step to the left side
3&4 Cross Step Right behind Left, step Left to left side, Step Right to right side.
&5,6 LF close to RF, RF step diagonal forward, cross LF over RF
7&8& Kick Right heel diagonal forward, step on RF, kick Left heel diagonal forward, step on LF

¼ TURN LEFT, KICK BALL TOUCH, STEP, ROCK, STEP, 3X QUICK WALK BACK

1,2 RF step forward, ¼ turn left & weight on LF
3&4 RF kick forward, step down on RF, touch Left toe forward
&5,6 Weight on LF, Rock RF forward, weight back on LF
7&8 Walk RF back, LF back, RF back

ROCK BACK (1/8 TURN LEFT), CROSS & CROSS & (1/8 TURN RIGHT), STEP ¼ TURN RIGHT, (1/8 TURN RIGHT) CROSS & CROSS

1,2 LF rock back, 1/8 turn left & weight back on RF
3&4 Cross LF over RF, step RF side, cross LF over RF
&5,6 (1/8 turn right) step RF forward, LF step forward ¼ turn right
7&8 (1/8 turn right) Cross LF over RF, step RF side, cross LF over RF

1/8 TURN RIGHT & STEP RF, PIVOT ½, ROCK & CLOSE, WALK, WALK, STEP ¼, CLOSE

1,2 (1/8 turn right) step RF forward, ½ turn left & step on LF
3&4 RF rock forward, weight back on LF, Close RF to LF (Push hips back)
5,6 Walk Left, walk Right
7&8 LF step forward, ¼ turn right & weight on RF, LF close to RF

Part B:

4X PADDLE TURN ¼ WITH 2 COUNTS POSE

1,2, 3,4 RF step forward, ¼ turn left, Pose/Hold (push hips back, hands down) (the men are looking to the pose of ladies)
5,6,7,8 RF step forward, ¼ turn left, Pose/Hold (left hand in neck, right hand on hip) (Men looking at ladies)
1,2,3,4, RF step forward, ¼ turn left, Pose/Hold (left hand hips, push with right hand face to the front) (Men looking at ladies)
5,6,7,8 RF step forward, ¼ turn left, move hips right & left

Part C

MAMBO FORWARD, MAMBO BACK, 6X HIP BUMPS, FLICK

1&2 RF rock forward, weight on LF, RF close to LF
3&4 LF rock back, weight on RF, LF close to RF
5&6&7&8 hip left, hip right, hip left, hip right, hip left, hip right, flick right foot back

How to dance:

A-B-C A-B A-B-C A A-B-C A

Have fun it is easy!

Ivonne.verhagen@planet.nl - Phone 0031 (0) 61514 3696
