

She Wu

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Rep Ghazali (SCO) - March 2011
音樂: She Wu (蛇舞) - Jay Chou (周杰倫)



48 count intro start on vocal

[1-8] HITCH-HITCH, SHUFFLE FWD, HITCH-HITCH, SHUFFLE FWD

1-2 low hitch up Right across Left, higher hitch up Right across Left (10.30)

(Angling your body towards Left corner)

3&4 taking small step shuffle forward on Right squaring to front wall (12)

5-6 low hitch up Left across Right, higher hitch up Left across Right (1.30)

(Angling your body towards Right corner)

7&8 taking small step shuffle forward on Left squaring to front wall (12)

(optional arms styling for count 1-8: arms out to sides, hands at shoulder height, elbows up and palms facing upwards - Egyptian style)

[9-16] PRISSY WALK, FORWARD MAMBO, TOUCH BACK- UNWIND ¼, CROSS SHUFFLE

1-2 cross walk Right over Left (cross arms over your chest) cross walk Left over Right (arms down to side)

3&4 rock forward Right, recover on Left, step back Right

5-6 touch back Left, keeping weight on Left unwind ¼ turn Left (9)

7&8 cross Left over Right, step Right to Right side, cross Left over Right

Restart: 2nd wall and 6th wall

[17-24] SWAY-SWAY, SAILOR ½ TURN, CROSS-HITCH ¼ TURN, CROSS SHUFFLE

1-2 sway Right to Right, sway Left to Left

3&4 ½ turn Right sweep on Right and step behind Left, step Left to Left, step Right to Right (3)

5-6 cross Left over Right, hitch on Right making ¼ turn Left (12)

7&8 cross Right over Left, step Left to Left, cross Right over Left

[25-32] SIDE-HOLD, BALL-¼ TURN-TOUCH, KICK-OUT-OUT, DO THE SNAKE

1-2 step Left to Left side, hold

&3-4 step Right together, ¼ turn Left by stepping forward on Left, touch Right together (9)

5&6 kick Right forward, step out Right, step out Left (shoulder apart)

7-8 with hands clasped together snake arms down making an "S" shape while bending knees and hips roll down

RESTART: 2nd and 6th - Dance up to count 16 and restart, both restart from 6 o'clock wall

TAG: At the end of 4th wall add 2 count hold.

ENDING: 9th wall – at the end of the wall (facing 9 o'clock) make ¼ turn Right to face the front and pose as a snake !