I'ma, I'ma, Ahhh!!



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Forty Arroyo (USA) - October 2013

音樂: Showstopper - Brandon & Leah: (Album: Cronies)



A Hayloft Floor Split – Inspired by the Intermediate Dance "Showstopper" by Scott Blevins; Dedicated to The Sturbridge Senior Gals

[1-8] WALK FORWARD - R L R L, MAMBO R, MAMBO L

1-4 Walk forward – R, L, R, L

Rock R to side, Recover WOL, Step R next to LRock L to side, Recover WOR, Step L next to R

[9-16]WALK BACK, OUT, OUT, HOLD, HIP ROLL

1-4 Walk back – R, L, R, L

&5 Step R to side, Step L to side (shoulder width)

6 Hold

7,8 Roll hips counter clockwise for 2 counts – ending with weight on L

TAG HAPPENS HERE THE SECOND TIME YOU START THE DANCE AT

6 o'CLOCK (7th wall – starting at 6 O'clock)

[17-24]WEAVE, ROCK, RECOVER, 1/4 STEP, WALK R,L

1-4 Step R to side, Step L behind R, Step R to side, Cross L in front of R

5,6 Recover weight on R, Turning ¼ L – step L forward

7,8 Step forward on R, Step forward on L

[25-32]JAZZ BOX w/ STOMP AND SAILORS (or triple in place)

1-4 Cross R over L, Step back on L, Step R to side, Stomp L slightly forward (WOL)
5&6 Cross R behind L, Step L to side – on ball of L, Step R to side (or triple in place R,L,R)

7&8 Cross L behind R, Step R to side – on ball of R, Step L to side (or triple in place L,R, L)

Start over...have fun!!

TAG: 4 COUNTS - (YOU WILL BE AT 6:00)

[1-4] V STEP

1-2 Moving forward: Step R out to side, Step L out to side

3-4 Stepping back to original position: Step R to center, Step L next to R

(option: just Hold for 4 counts)

Contact: forty.arroyo@gmail.com