

Yak Again

拍數: 32 牆數: 4 級數: Improver
編舞者: Sherri Busser (USA) & Lisa McCammon (USA) - April 2014
音樂: Yakety Yak - The Coasters : (CD: Rhino Hi-Five, The Coasters; ECS rhythm)



The track has a very short intro—start on the word “trash”
Counterclockwise rotation; start weight on L

[1-8] □ CHASSE R, BACK ROCK, RECOVER, CHASSE L, BACK ROCK, RECOVER (lindy steps)

1&2, 3-4 Step R to side, step L next to R, step R to side; rock back onto L, recover weight to R
5&6, 7-8 Step L to side, step R next to L, step L to side; rock back onto R, recover weight to L

[9-16] □ SIDE, BEHIND &-HEEL, HOLD, &-STEP, TURN, KICK-BALL-CHANGE

1-2&3-4 Step R to side, step L behind R, step onto R, touching L heel forward, HOLD
&5-6 Step onto L, step forward onto R, turn ¼ left [9] (weight to L)
7&8 Kick R, step onto R in place, step L home (weight on L)

[17-24] STEP, TURN, ROCK, RECOVER, OUT-OUT, HOLD, R HEEL IN/OUT, L HEEL IN/OUT

1-2 Step forward onto R, turn ½ left [3] (weight to L)
3-4 Rock forward R, recover weight to L
&5-6 Step R to side, L in place, HOLD (weight on balls of feet)
&7 Twist R heel in-out, taking weight R
&8 Twist L heel in-out, ending weight on L*

***Easier option:**

7-8 Bump hips R, bump hips L (weight on L)

[25-32] FORWARD ROCK, RECOVER, TURN, TURN, SAILOR STEP, BEHIND-SIDE-CROSS

1-2 Rock forward onto R, recover to L
3-4 Turn ¼ right [6] stepping R to side; turn ¼ right [9] stepping L to side
5&6 Step R behind L, step L slightly to side, step R to side (momentum to right)
7&8 Step L behind R, step R to side, step L across R

OPTIONAL ENDING: The last rotation will start the second time you get to [6].
Dance through the kick-ball change at count 16, facing [3].
Then in counts 1-2 in the third set, turn ¼ left to face [12],
and continue until the music fades with the out-out.

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