

Woo Woo

Count: 64

Wall: 2

Level: Advanced

Choreographer: Rachael McEnaney-White (June 2017)

Music: "Hold Up Wait A Minute (Woo Woo)" – Antonique Smith. Approx 3.57

mins



Count In: 16 counts from start of track, dance begins on vocals. Approx 99 bpm

[1 – 9] L ball back, ½ turn L, L back, R coaster, L fwd rock on ball (with hip roll), L coaster

1 2 Dance starts facing 1.30: Step ball of L back (1), make ½ turn left transferring weight back on to R (2) 7.30

3 4 & 5 Step back L (3), step back R (4), step L next to R (&), step forward R (5) 7.30

6 7 Rock ball of L forward as you roll hips to left (6), recover weight R as you roll hips to right (7) (fwd rock with a hip roll) 7.30

8 & 1 Step back L (8), step R next to L (&), step forward L (1) 7.30

[10 – 16] Full turn R stepping R-L, ½ turn R doing R triple into R jazz box making 3/8 turn R

2 3 Make ½ turn right (weight ends R) (2), make ½ turn right stepping back L (3), 7.30

4 & 5 Make ½ turn right stepping forward R (4), step L next to R (&), step forward R (5) 1.30

6 7 8 Make ¼ turn right stepping back L (6), make 1/8 turn R stepping R to right side (7), cross L over R (8) 6.00

[17 – 24] R side, L close, R cross, L side, R behind, L side, R close, L cross, R side, L behind.

& 1 2 3 4 Step R to right side (&), step L next to R (angle body to 4.30) (1), cross R over L (2), step L to left side (3), cross R behind L (4) 6.00

& 5 6 7 8 Step L to left side (&), step R next to L (angle body to 7.30) (5), cross L over R (6), step R to right side (7), cross L behind R (8) 6.00

[25 – 32] ¼ turn left into heel jack, R back, L kick, L ball, run R-L (boogie walk), R fwd, ½ pivot L, 2x ¼ turn touches

& 1 & 2 Make ¼ turn left stepping back R (&), touch L heel forward (1), step in place L (&), touch R next to L (2) 3.00

&3&4&5 Step back R (&), kick L forward (3), step in place on ball of L (&), do 2 small steps forward R-L (4&), step forward R (5)

(styling counts 4&: knees are slightly bent, step on balls of feet from outside edge to in, rolling knees to each side) 3.00

6 7 8 Make ½ turn left (weight ends L) (6), make ¼ turn left touching R to right side (7), make ¼ turn left touching R to right side (8)

(styling 7-8: these are heavy touches – almost take weight into the ball of the foot and push off to make the next movement) 3.00

[33 – 40] 1/8 turn L fwd R, L hitch, L close, R fwd, ½ turn L with heel swivels, L ball change, L hitch, L close, R fwd, ¼ turn L with heel swivels,

1 2 & 3 Make 1/8 turn left stepping forward R (1), hitch L (2), step L next to R (&), step forward R (3) 1.30

& 4 Make ¼ turn left as you swivel L heel to right (&), make ¼ turn left as you swivel R heel to right (weight ends R) (4), 7.30

& 5 6 & 7 Step in place on ball of L (&), step forward R (5), hitch L (6), step in place on L (&), step forward R (7) 7.30

& 8 Make ¼ turn left as you swivel L heel to right (&), swivel R heel to right (8) 4.30

[41 – 49] ¼ turn R with heel swivels, 'out-out' R-L, R ball, L cross, R chasse, hold, L ball R cross, 1/8 turn back L ½ turn, L fwd.

& 1 Swivel R heel to left (&), make ¼ turn right as you swivel L heel to L (weight ends L) (1) 7.30
& 2 & 3 Step ball of R to right side (&), step ball L to left side (2), step in place on ball of R (&), cross L over R (3) 7.30
4 & 5 6 Step R to right side (4), step L next to R (&), step R to right side (big step) (5), hold sliding L towards R (6), 7.30
& 7 Step in place on ball of L (&), cross R over L (7), 7.30
8 & 1 Make 1/8 turn right stepping back L (8), make ½ turn right stepping forward R (&), step forward L (1) 3.00

[50 – 57] Walk R-L, ¼ turn L doing 'C hip', ¼ turn L walking L-R, L ball, R ball lock, L fwd, R fwd

2 3 4 & 5 Step forward R (2), step forward L (3), make ¼ turn left as you hitch R knee slightly as you bump R hip up (4), step in place R as you bump hips left (&), bend knees slightly as you bump hips right (5) (weight ends R) 12.00
6 7 Make ¼ turn left stepping forward L (6), step forward R (7), 9.00
& 8 & 1 Step forward on ball of L (&), step ball of R behind L (up on both toes now) (8), step forward L (&), step forward R (1) 9.00

[58 – 64] L side, knee pops, R heel swivel, L heel swivel, R ball, L cross, 1/8 turn L back R, step back L-R

& 2 Slightly (don't make this a big movement) flick L leg behind R (&), step L to left side (2) 9.00
& 3 Lift both heels off floor as you pop knees forward (&), drop heels to place (return knees 😊) (3) 9.00
& 4 & 5 Swivel R heel in towards L (&), return R heel to center (4), swivel L heel in towards R (&), return L heel to center (5) 9.00
& 6 7 8 & Step in place on ball of R (&), cross L over R (6), make 1/8 turn left stepping back R (7), Step back L (8), step back R (&) 7.30

START AGAIN

HAPPY DANCING

Contact: www.dancewithrachel.com - dancewithrachel@gmail.com - Tel: +1 407-538-1533 - +44 7968181933