

Cups

Count: 32

Wand: 4

Ebene: Low Intermediate

Choreograf/in: Jen Seiberlich (USA) & Dan Pye (USA) - January 2020

Musik: Bad Seed Rising - Bad Seed Rising



ROCK ¼ PIVOT TURNS RIGHT

1-8 stepping slightly to left, rock left & turn ¼ turn right (do this 4x for a complete full turn right)

SHUFFLE LEFT, ROCK, RECOVER, KICK-BALL-CHANGE, STEP, LOCK, STEP-LOCK-STEP

9&10, 11, 12 shuffle left (L,R,L), rock right behind left, recover on left

13&14, 15, 16 right kick-ball-change, step forward right, lock left up behind right

17&18 step-lock-step

ROCK, RECOVER, COASTER STEP, JAZZ BOX

19, 20, 21&22 rock forward left, recover back on right, back on left, back right, forward left

23-26 cross right over left, back on left, 1/4 turn right, left to place

STOMP CLAP, STOMP DOUBLE CLAP, BUMPS HIPS

27, 28, 29, & 30 stomp right, clap, stomp left, double clap

31&32 bump hips (R,L,R) REPEAT
