

Boo Boo's Bounce (布布跳跳) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Scott Blevins (USA) - 2006年10月
音乐: Bounce - T-Bone : (CD: Bone-A-Fide)



前奏: 12 counts from start of beat that begins in midst of talking 從開始講話12拍後起跳

第一段

- 1,2 1) Step L Foot a large step to L side; 左足左一大步
 2) Step R foot across and in front of L 右足於左足前交叉踏
- 3&4& 3) Step L foot a small step to L side so feet are parallel and swivel or "twist" heels L; 左足左一小步
 雙腳向左扭
 &) Swivel heels R; 雙腳向右扭
 4) Swivel heels L; 雙腳向左扭
 &) Hitch L knee 左膝蓋抬起
- 5,6 5) Make a 1/4 turn L stepping forward on L foot (facing 9 O'clock);
 左轉90度左足前踏(面向9點鐘)
 6) Step R foot next to L foot 右足併踏
- 7&8 7) Make a 1/4 turn L stepping side L on L foot (facing 6 O'clock);
 左轉90度左足左踏(面向6點鐘)
 &) Step R foot next to L foot; 右足併踏
 8) Make a 1/4 turn L stepping forward on L foot (facing 3 O'clock)
 左轉90度左足前踏(面向3點鐘)

第二段

- &1,2 &) Make a 1/4 turn L stepping back on ball of R foot;
 左轉90度右足後踏
 1) Step L foot across and in front of R foot (facing 12 O'clock);
 左足於右足前交叉踏(面向12點鐘)
 2) Make 1/4 turn R, stepping forward on R foot (facing 3 O'clock)
 右轉90度右足前踏(面向3點鐘)
- 3&4& 3) Rock forward on L foot; 左足前下沉
 &) Recover weight back onto R foot; 右足後回復
 4) Step back on L foot; 左足後踏
 &) Make 1/2 turn right stepping forward on R foot (facing 9 O'clock)
 右轉180度右足前踏(面向9點鐘)
- 5,6 5) Step forward on L foot; 左足前踏
 6) Step R foot forward and slightly across L 右足略於左足前交叉踏
- 7&8& 7) Step L foot to L side; 左足左踏
 &) Step R foot over L foot; 右足於左足前交叉踏
 8) Step back on L foot; 左足後踏
 &) Step R foot to R side 右足右踏

第三段

- 1,2 1) Step L foot across and in front of R foot;
 左足於右足前交叉踏
 2) Step R foot to R side 右足右踏

- 3&4& 3) Rock L foot forward and across R foot; 左足於右足前交叉下沉
&) Recover weight back onto R foot; 右足後回復
4) Make a 1/4 turn L stepping forward on L foot;
左轉90度左足前踏
&) Step forward on R foot 右足前踏
- 5&6 5) Touch L heel forward rotating upper body slightly to L;
左足踵前點上半身略向左轉
&) Step L foot next to R foot; 左足併踏
6) Step R foot across and in front of L foot rotating body slightly to R 右足於左足前交叉踏身體略
向右轉
- 7&8& 7) Keep weight low and rock forward and on a diagonal L, on L foot;
左足重心放低向左斜角線前下沉
&) Recover weight onto R foot; 右足回復
8) Rock back and on a diagonal R, on L foot; 左足右斜角線後下沉
&) Recover weight forward onto R foot 右足回復

第四段

- 1,2 1) Make a 1/4 turn L stepping forward on L foot;
左轉90度左足前踏
2) Make a 1/2 turn left stepping back on R foot (facing 9 O'clock)
左轉180度右足後踏(面向9點鐘)
- 3&4& 3) Step L foot behind R foot; 左足於右足後踏
&) Step R foot to R side; 右足右踏
4) Step L foot across and in front of R foot; 左足於右足前交叉踏
&) Step side R on ball of R foot 右足右踏
- 5,6 5) Step L foot forward and slightly in front of R foot;
左足略於右足前踏
6) Step R foot forward and across L towards 8 O'clock diagonal
右足於左足前交叉踏(向8點鐘斜角線)
- 7,8 7) Make a 1/2 turn right stepping back on L foot to face 2 O'clock diagonal; 右轉180度左足後
踏(面向斜角線2點鐘)
8) Make slightly more than a 1/2 turn right stepping forward on R foot to face 9 O'clock 右轉180度
右足前踏(面向9點鐘)
-