

Bored EZ

拍数: 32 墙数: 4 级数: Easy Beginner
编舞者: Jenifer Wolf (CAN) - August 2019
音乐: Bored to Death - Eric Hutchinson : (Album: Easy Street)



Intro: Start on lyrics - CW

(A) THREE STEPS FORWARD, TOUCH SIDE. THREE STEPS BACK, TOUCH

- 1-2 Step right foot forward, Step left foot forward
- 3-4 Step right foot forward, Touch left toe to left side
- 5-6 Step left foot back, Step right foot back
- 7-8 Step left foot back, Touch right toe beside left foot

(B) SHIMMY RIGHT, CLAP, SHIMMY LEFT, CLAP

- 1-2 Take wide step right onto right foot, Bend knees & shimmy (push right shoulder back x2)
- 3-4 Step left foot beside right foot, Clap
- 5-6 Take wide step left onto left foot, Bend knees & shimmy (push right shoulder back x2)
- 7-8 Step right foot beside left foot, Clap

(C) JAZZ BOX WITH 4 TOE STRUTS ¼ RIGHT

- 1-2 Touch right toe in front of left foot, Bring right heel down
- 3-4 Touch left toe straight back, Bring left heel down
- 5-6 Turn ¼ right onto right toe, Bring right heel down
- 7-8 Step left toe beside right foot, Bring left heel down

(D) STEP, TOUCH, STEP, TOUCH, SWAY 4 TIMES

- 1-2 Step right foot to right side, Touch left toe beside right foot
- 3-4 Step left foot to left side, Touch right toe beside left foot
- 5-6 Sway to right foot to right side, Sway to left foot to left side
- 7-8 Sway right foot to right side, Sway left foot to left side

Begin again.

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