

Cups

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Jen Seiberlich (USA) & Dan Pye (USA) - January 2020
音乐: 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
