

Nimble Bimble (L/LTP*)

拍数: 48 墙数: 4 级数: Improver
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - May 2021
音乐: Travelers Paradise - The Cactus Blossoms
或: Step Off Into It - Dial Tone the Producer
或: Any suitable R&B/Soul (and other genres) music in the 90-120 bpm range.



Note: No tags or restarts. Detroit Ballroom inspired line or partner dance. A variation is to replace step-hold steps with shuffle steps.

Starting Position: Side-by-side with both partners facing the starting wall. Follow is to the right of Lead. Right hands joined in front of Follow, with Follow's left arm around Lead's waist and resting near Lead's left hip. Lead's left arm slightly bent by left side. Shadow footwork throughout.

[1-8] BASIC UP / BASIC BACK

1-4 Basic Up: Step FWD on RF(1), hold (2), rock FWD on LF (3), recover on RF (4)
5-8 Basic Back: Step back on LF back (5), hold (6), rock back on RF (7), recover on LF (8)

[9-16] BASIC UP / BASIC BACK WITH ¼ TURN R

1-4 Basic Up: Step FWD on RF (1), hold (2), rock FWD on LF (3), recover on RF (4)
5-8 Step LF beside RF with 1/8th turn R (5), hold (6), turn 1/8th R and rock back on RF (7),
recover on LF (8)

TIP: For the ¼ turn, Lead steps LF beside RF and Follow does a slightly turning rock step to stay side-by-side with Lead. The Lead's toned R arm in front of the Follow should provide the lead for this slight turn R.

[17-24] BASIC UP / SHUFFLE ½ TURN L OVER, ROCK, RECOVER

1-4 Basic Up: Step FWD on RF FWD (1), hold (2), rock FWD on LF (3), recover on RF (4)
5&6 Shuffle ½ turn L (L-R-L)
7-8 Rock FWD on RF (7), recover on LF (8)

TIP: Lead stays connected to Follow's RH and raises R arm over their own head during shuffle turn (5&6), and lowers arm in front on rock FWD (7). Prep for reverse action on recover step (8). Use verbal cues if that is helpful.

[25-32] SHUFFLE ½ TURN R BACK, ROCK, RECOVER / BASIC BACK

1&2 Shuffle ½ turn R (R-L-R)
3-4 Rock FWD on LF (3), recover on RF (4)
5-8 Basic Back: Step back on LF back (5), hold (6), rock back on RF (7), recover on LF (8)

TIP: Lead stays connected to Follow's R hand and raises R arm over their own head during shuffle turn (1&2), and lowers arm in front on rock FWD (3). No prep needed on recover step (4).

[33-40] KICK, CURL, STEP, ROCK, RECOVER / SHUFFLE BACK, ROCK, RECOVER

1&2 Quick low kick of RF across LF (1), quick curl (hook) RF across L shin (&), step FWD on RF
(2)
3-4 Rock FWD on LF (3), recover on RF (4)
5&6 Shuffle back (L-R-L)
7-8 Square up with 1/8th turn L and rock back on RF (7), recover on LF with 1/8th turn to L (8)

[41-48] KICK, CURL, STEP, ROCK, RECOVER / SHUFFLE BACK, ROCK, RECOVER

1&2 Quick low kick of RF across LF (1), quick curl (hook) RF across L shin (&), step FWD on RF
(2)
3-4 Rock FWD on LF (3), recover on RF (4)
5&6 Shuffle back (LRL)
7-8 Square up with 1/8th turn R and rock back on RF (7), recover on LF (8)

START OVER

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