

BDT is Alright

拍数: 64
编舞者: Carsten Wolf (DE) - April 2022
音乐: BDT is alright - LA Company

墙数: 4

级数: Phrased Improver



#4 Counts Intro - AAA BAA BBA BBB

A (Verse): 32c

Double Step Touch right, Double Step Touch left

- 1 - 4 Step R foot to side, Step L foot next to R foot, Step R foot to side, Touch L foot next to R foot
5 - 8 Step L foot to side, Step R foot next to L foot, Step L foot to side, Touch R foot next to L foot

Rock Step, Coaster Step, Pivot Turn, Cross Shuffle

- 1 - 2 Rock R foot forward, Recover on L foot
3 & 4 Step R foot back, close L foot to right foot, Step R foot forward
5 - 6 Step L foot forward, Pivot 1/4 Turn to right on R foot
7 & 8 Cross L foot over R foot, Step R foot next to L foot, Cross R foot over L foot

Side Point, Close, Side Point, Close, Pivot Turn, Toe Strut, Toe Strut

- 1&2& Point R foot to side, Close R foot to L foot, Point L foot to side, Close L foot to R foot
3 - 4 Step R foot forward, Pivot 1/2 Turn to left on L foot
5 - 6 Point R Toe forward, Drop R heel
7 - 8 Point L Toe forward, Drop L heel

Rocking Chair, V-Step

- 1 - 4 Rock R foot forward, Recover on L foot, Rock R foot back, Recover on L foot
&5 - 6 Step R diagonally forward, Step L foot diagonally forward (on L side, Feet apart), Hold on Count 6
&7 - 8 Step R diagonally back to Center, Step L foot next to R foot, Hold on Count 8

B (Refrain): 32c

Heel Point, Close, Toe Point (2x), Coaster Step, Pivot Turn

- 1&2& Point R Heel forward, Close R foot next to L foot, Touch L Toe next to R foot, Close L foot next to R foot
3 & 4 Point R Heel forward, Close R foot next to L foot, Touch L Toe next to R foot
5 & 6 Step L foot back, Close R foot next to L foot, Step L foot forward
7 - 8 Step R foot forward, Pivot 1/2 Turn to left on L foot

Cross Rock, Chassé to right, Cross Rock, Chassé to left

- 1 - 2 Cross R foot over L foot, Recover on L foot
3 & 4 Step R foot to side, Close L foot next to R foot, Step R foot to side
5 - 6 Cross L foot over R foot, Recover on R foot
7 & 8 Step L foot to side, Close R foot next to L foot, Step L foot to side

Rock Step, Coaster Step (2x)

- 1 - 2 Rock R foot forward, Recover on L foot
3 & 4 Step R foot back, Close L foot next to R foot, Step L foot forward
5 - 6 Rock L foot forward, Recover on R foot
3 & 4 Step L foot back making a 1/4 Turn to left, Close R foot next to L foot, Step R foot forward

Kick Ball Change (2x), Spot Turn (2x)

- 1 & 2 Kick R foot forward, Close R foot next to L foot, Step L in place
3 & 4 Kick R foot forward, Close R foot next to L foot, Step L in place

5 - 6 Step R foot forward, Pivot 1/2 Turn to left on L foot

7 - 8 Step R foot forward, Pivot 1/2 Turn to left on L foot

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