

Truck Bed

拍数: 48 墙数: 4 级数: High Intermediate
编舞者: Imogen Collom & Olivia Lewis - July 2024
音乐: TRUCK BED - HARDY



Intro: 48 Counts. Start at approx 22 secs.

SEC 1 WALK, WALK, ANCHOR SWEEP, BACK SWEEP, BACK SWEEP, WEAVE

- 1-2 Step right forward, step left forward
- 3&4 Rock right back, recover weight onto left, step right back sweeping left from front to back
- 5-6 Step left back sweeping right from front to back, step right back sweeping left from front to back
- 7&8 Step left behind right, step right to right, cross left over right

SEC 2 ¼ SWEEP, TOUCH, POINT SWITCHES, ¼ STEP, ½ BACK, ½ STEP, SIDE, HIP ROLL

- 1-2 Turn ¼ left sweeping right from back to front, touch right beside left (9:00)
- 3&4 Point right to right, step right beside left, point left to left
- 5-6 Turn ¼ left step left forward, turn ½ left step right back (12:00)
- &7-8 Turn ½ left step left forward, step right to right, roll hips clockwise from right to left (6:00)

Restart Here on Wall 5

SEC 3 BODY ROLL, ARMS, JUMP, OUT, OUT, DIP, ¼ STEP

- 1 Body roll down from head to toe ending with knees bent
- 2& Place right hand on left knee, place left hand on right knee
- 3-4 Lift both hands up to respective sides beside head hands in fists, jump feet together
- 5-6 Step right to right, step left to left

Arms Circle right arm down left side of face, circle left arm down right side of face

- 7-8 Bend both knees, pivot ¼ left stepping right beside left (3:00)

SEC 4 ¼ STEP, ½ BACK, ½ STEP, STEP, OUT, OUT, TOGETHER, HIP PUSH

- 1-2 Turn ¼ left step left forward, turn ½ left step right back
- 3-4 Turn ½ left step left forward, step right forward (12:00))
- 5-6 Snake roll left leading with head step left to left, step right to right
- 7-8 Step left beside right pushing hips back, push hips forward

Arms Reach both arms forward, pull both arms back

Restart Here on Wall 3 and 6

SEC 5 ¼ SIDE, KICK BALL CROSS, SIDE, SNAKE ROLL, TOUCH, ¼ COASTER STEP

- 1-2 Turn ¼ left step right to right, kick left to left (9:00)
- &3-4 Step left beside right, cross right over left, step left to left
- 5-6 Snake roll left leading with head, touch right beside left
- 7&8 Turn ¼ right Step right back, step left beside right, step right forward (12:00)

SEC 6 ⅓ PADDLE X2, KICK, TOUCH BEHIND, ½ UNWIND, STEP, LOCK, FULL UNWIND TURN

- 1-2 Turn ⅓ right point left to left, Turn ⅓ right point left to left (3:00)
- 3-4 Kick left forward, touch left behind right
- 5-6 Unwind ½ left keeping weight on right, step left forward (9:00)
- 7-8 Lock right behind left, unwind full right transferring weight on to left

Submitted by: Stacey Amos - Email: Serenstacey@googlemail.com