

Bayou

拍数: 48 墙数: 4 级数: Phrased Improver
编舞者: Justin Grubbs (USA) & Taren Wilhelm (USA) - September 2024
音乐: Bayou - Gunshine



Intro ABB ABB ABB AB AA

Notes: guitar intro into vocal at 12sec: "Get Up" then immediately start on next instrumental beat

Section A

[1 - 8] Alternating RLR pattern 3x: (Stomp (hold), back rock, recover), then syncopated weave

1, 2& Stomp R to side (1) (hold &), cross rock L behind R (2), recover weight onto R (&)
3, 4& Stomp L to side (3) (hold &), cross rock R behind L (4), recover weight onto L (&)
5, 6& Stomp R to side (5) (hold &), cross rock L behind R (6), recover weight onto R (&)
7&, 8& Step L to side (7), Cross R behind (&), Step L to side (8), Cross R in front (&)[12:00]

[9 - 16] Alternating LRL pattern 3x: (Stomp (hold), back rock, recover), then syncopated weave

1, 2& Stomp L to side (hold &), cross rock R behind L, recover weight onto L
3, 4& Stomp R to side (hold &), cross rock L behind R, recover weight onto R
5, 6& Stomp L to side (hold &), cross rock R behind L, recover weight onto L
7&, 8& Step R to side, Cross L behind, Step R to side, Cross L in front [12:00]

Section B

[1 - 8] Wide jump forward, rock out, modified sailor stomps

1, 2 Jump forward with both feet (1), hold (2)
3, 4 Sway / Rock / Hips freestyle in place (3, 4)
5&, 6 Ball Cross L behind R (5), Ball step R next to L (&), Step L out to the side (6)
7&, 8 Ball Cross R behind L (7), Ball step L next to R (&), Step R out to the side (8) [12:00]

[9 - 16] Modified Sailor Stomp, Walk, Walk, ¼ turn "rock out" lunge with heel drops

1&, 2 Ball Cross L behind R (1), Ball step R next to L (&), Step L out to the side (2)
3, 4 Walk R forward (3), Walk L forward (4)
5 Step L forward making a ¼ turn over R shoulder into a slight lunge position (5) [3:00]
6, 7, 8 Drop L heel down in place 3x (6, 7, 8)*

STYLE OPTION: air guitar in place with strumming alongside the heel drops

[17 - 24] Cross-Kick Ball Cross, Side, ½ syncopated weave, side "rock out" lunge with heel drops

1&, 2& Cross Kick R in front of L (1), ball step R beside L (&), cross step L over R (2), side step R (&) [3:00]
3&, 4& Side step L making a ½ turn over L shoulder (3), Cross step R over L (&), side step L (4), cross step R behind L (&)
5 Step L forward making a ¼ turn over R shoulder into a slight lunge position (5) [9:00]
6, 7, 8 Drop L heel down in place 3x (6, 7, 8)*

STYLE OPTION: air guitar in place with strumming alongside the heel drops

[25 - 32] ¼ turn walk, ¼ turn scissor cross, joey steps

1, 2 ¼ turn Step R forward (1), step L forward (2)
3&, 4 Step R forward making a ¼ turn over Left shoulder (3), step L next to R (&), cross R over L [9:00]
5&, 6& Step L forward (5), Step R behind left (&), Step L forward (6), step R to side (&)
7&, 8& Step L behind R (7), Step R forward (&), Step L to side (8) touch R next to L (&)

Stepsheet & Choreo Questions: Taren: BootsOnTheBeachDancing@gmail.com

