

L.I.B-R-8

拍数: 32 墙数: 4 级数: Intermediate
编舞者: The Lady In Black (UK)
音乐: Bye, Bye, Bye - *NSYNC



DROP HEAD/ ½ TURN WITH HEEL BUMPS/ WALK BACK WITH 'HIP-HOP' KNEES/ RIGHT HEEL JACK WITH CROSS

- &1-2 Step right to right side, step left shoulder width apart and bend knees slightly while dropping head, bring head up to face front
- 3&4 Hitch right and pivoting on left (bumping left heel) begin a ½ turn over right shoulder, keep right hitched, continue the turn (bumping left heel), keep right hitched and complete the turn (bumping left heel)
- 5&6 Step back right hitch left, step back left and hitch right, step back right and hitch left
- &7&8 Step back on left, touch right heel diagonally forward, step right in place, cross left over right

½ TURN RIGHT WITH HEEL BUMPS/ ¼ RONDE/ RIGHT SAILOR STEP/ HEEL SWIVELS ¼ TURN WITH KICK/ ½ TURN LEFT

- 1&2 Pivot ¼ turn right while bumping heels, pivot ¼ turn right while bumping heels, sweep right out while pivoting ¼ turn right on left
- 3&4 Cross right behind left, step left to left side, step right in place angling body slightly to the right
- 5&6 Swivel heels right, swivel heels left, swivel heels right while pivoting ¼ turn left kicking left forward
- 7&8 Step left ½ turn over left shoulder, step right to right side, step left shoulder width apart

LEFT HEEL JACK WITH CROSS/ RIGHT ROCK, RECOVER, BEHIND, ROCK/ ½ TURN RIGHT/ TOUCH ¼ TURN, KICK

- &1&2 Step back on right, touch left heel diagonally forward, step left in place, cross right over left
- 3&4& Rock left to left side, recover weight on right, rock left behind right, recover weight on right
- 5&6 Step left to left side, step right ¼ turn right, step left ¼ turn right
- 7&8 Touch right next to left, pivot ¼ turn right on left, kick right forward

WALK BACK WITH 'HIP-HOP' KNEES/ OUT, OUT, IN, CROSS/HIPS/ KNEE POPS/ RIGHT KICK, PIVOT ½, RIGHT KICK

- 1&2 Step back right hitch left, step back left hitch right, step back right hitch left
- &3&4 Step left to left side, step right shoulder width apart, step left back to center, cross right over left
- &5&6 Push hips back, pop knees forward, straighten legs, pop knees forward
- 7&8 Kick right, pivot ½ turn right on left (keep right in the air), kick right

REPEAT