

# Papa Bear's Bed

拍数: 64      墙数: 2      级数:  
编舞者: Jan Wyllie (AUS)  
音乐: Papa Bear - Keith Harling



- 1-2            Rock forward on right, rock back on right,  
3&4           Triple step in place left-right-left  
5-8           Rock back right, rock forward left, rock forward right, rock back on left  
9-10          Rock back on right, rock forward on left,  
11&12        Shuffle forward right-left-right
- 1-4            Rock forward on left, rock back on right turning  $\frac{1}{2}$  turn left stepping forward on left, rock forward on right  
5-6            Rock back on left turning  $\frac{1}{2}$  turn right stepping forward on right  
7-8            Turn  $\frac{1}{2}$  turn right stepping back on left, continue to turn  $\frac{1}{2}$  turn right stepping forward on right  
9-10          Rock/step forward on left, rock back on right,  
11&12        Triple step in place left-right-left
- 1-4            Step back on right, step left beside right, step forward on right, hold  
5-8            Step forward on left, step right beside left, step back on left, hold
- 1-4            Rock/step right to right, rock weight to left, cross right behind left, turn  $\frac{1}{4}$  turn left stepping forward on left  
5-6            Step forward on right & pivot  $\frac{1}{2}$  turn left, transfer weight to left  
7&8            Shuffle forward right (right-left-right)
- 1-4            Stride/step forward on left at 45 degrees left, slide right to left, step right, left together with hip bumps  
5-8            Stride/step forward on right at 45 degrees right, slide left to right, step left, right together with hip bumps
- 1-2            Rock/step forward left, rock back on right  
3-4            Turn  $\frac{1}{2}$  turn left stepping forward on left, turn  $\frac{1}{4}$  turn left stepping right to right side  
5-6            Step left behind right, step right to right,  
7&8            Cross shuffle left over right (left-right-left)
- 1-2            Rock/step right to right, rock weight to left,  
3&4            Cross shuffle right over left (right-left-right)  
5-8            Step left to left, step right beside left, step back on left, step right beside left

**REPEAT**

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