

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 ½ turn left stepping forward on left, rock forward on right
5-6 Rock back on left turning ½ turn right stepping forward on right
7-8 Turn ½ turn right stepping back on left, continue to turn ½ 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 ¼ turn left stepping forward on left
5-6 Step forward on right & pivot ½ 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 ½ turn left stepping forward on left, turn ¼ 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
