Shoo-Da-Bop



拍数: 32 墙数: 4 级数: Intermediate

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音乐: Wait 'til I Get Home - C-Note



CHASE' RIGHT, 1/4 PIVOT LEFT, HIP BUMPS, DIP & STAND

1-2 Step right foot to right side, hold

&3-4 Quick step left foot next to right foot, step right foot to right side, pivot ¼ left shifting weight to

right foot

5&6 Keeping weight on right foot bump hips (left, right, left)

7-8 Bend knees as if sitting in a chair pushing hips back, stand up with weight still on right foot

KICK CROSS STEP BACK, KICK OUT OUT, KNEE POPS, SIDE ROCK STEP DRAG

9&10 Kick left foot forward, cross step left foot over right foot, step right foot back

11&12 Kick left foot forward, step left foot back and slightly to left side, step right foot slightly to right

side (feet should be about shoulder width apart)

&13&14 Lift both heels off the floor bending knees, step heels down straightening legs, repeat shifting

weight to left foot

&15-16 Rock to right side on right foot, shift weight to left foot, drag right toe to cross in front of left

foot

CROSS TOUCH, UNWIND LEFT, CROSS TOUCH, UNWIND RIGHT, RIGHT COASTER STEP, ½ PIVOT TOGETHER

17-20 Cross touch outside of ball of right foot over left foot, unwind ½ to the left stepping down on

right foot, cross touch outside of ball of left foot over right foot, unwind ½ to the right stepping

down on left foot

Step back on ball of right foot, step on ball of left foot next to right foot, step right foot forward

Take large step forward on left foot, pivot ½ to the right as you bring right foot back to step

next to left foot

STEP FORWARD, TOE DRAG, HEEL FORWARD, HOLD, ½ PIVOT, HOLD, SYNCOPATED WALK FORWARD

25-28 Take large step forward on left foot, drag toe of right foot forward past left foot, step right heel

forward, hold

29-30 Pivot ½ to the left stepping down on right foot (left heel will be in touch position forward), hold

31&32 Step in place on ball of left foot, walk forward (right, left)

REPEAT

VARIATION FOR ATTITUDE

During the last 8 counts, place hands on hips and turn head to look over left shoulder, continue to look in that direction as you make your turn. You will end up looking over your right shoulder. Then return hands to original dance position and look forward as you walk forward. Get a little funky with it and have fun!