

G-Bop

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Eva Andersson (SWE)
音乐: G-Bop - Kenny G



STEP, ½ TURN RIGHT, HOOK, SCISSOR STEP, SCISSOR STEP, STEP, ¼ TURN LEFT

1-2 Step left forward, make ½ turn right and hook right foot across left shin (6:00)
3&4 Step right to right side, step left beside right, cross right over left
5&6 Step left to left side, step right beside left, cross left over right
7-8 Step right forward, make a ¼ turn left, weight on left (3:00)

CROSS SIDE CROSS SIDE CROSS SIDE CROSS, ½ UNWIND LEFT, SKATER STEPS, SKATER STEPS, STEP LOCK STEP

9& Cross right over left, step left to left side
10& Cross right over left, step left to left side
11& Cross right over left, step left to left side
12& Cross right over left, unwind ½ left - weight remain on right foot (9:00)

Look left when doing cross steps 9&-12

13 Swivel on ball of right while stepping towards left corner on left
14 Swivel on ball of left while stepping towards right corner on right
15&16 Step left diagonally left, lock right behind left, step left diagonally left

CROSS SIDE CROSS SIDE CROSS SIDE CROSS, ½ UNWIND LEFT, SKATER STEPS, SKATER STEPS, STEP LOCK STEP

17& Cross right over left, step left to left side
18& Cross right over left, step left to left side
19& Cross right over left, step left to left side
20& Cross right over left, unwind ½ left - weight remain on right foot (3:00)

Look left when doing cross steps 17&-20

21 Swivel on ball of right while stepping towards left corner on left
22 Swivel on ball of left while stepping towards right corner on right
23&24 Step left diagonally left, lock right behind left, step left diagonally left

SYNCOPATED VINE INTO ¼ TURN RIGHT, COASTER STEP, BACK LOCK BACK, COASTER STEP, ¼ TURN RIGHT, HOOK

25&26 Step right to right side, step left behind right, ¼ turn right stepping right forward (6:00)
27&28 Step left forward, step right beside left, step left back
29&30 Step right back, lock left in front of right, step back right
31&32 Step back left, step right beside left, step left forward
& On ball of left turn ¼ right and hook right foot across left shin (9:00)

CHASSÉ, HOOK, CHASSÉ, SAILOR STEP, SAILOR TURN ¼ LEFT

33&34 Step right to right side, step left beside right, step right to right side
& Hook left foot across right shin
35&36 Step left to left side, step right beside left, step left to left side
37&38 Step right behind left, step left to left, step right in place
39&40 Step left behind right, step right to right, ¼ turn left stepping left forward (6:00)

CROSS ROCK ¼ TURN RIGHT, STEP, ¾ TURN RIGHT, RIGHT MAMBO CROSS, SIDE, CROSS, STEP, ¼ TURN LEFT

41&42 Cross rock right forward over left, rock back onto left, step right ¼ turn right (9:00)
43&44 Step forward left, turn ¾ turn right stepping right to right side (6:00), step left beside right

45&46 Rock right to right side, rock onto left in place, cross step right over left
&47 Step left to left side, cross step right over left
48 ¼ turn left stepping left forward (3:00)

SIDE, SLIDE, HEEL TWISTS RIGHT

49-50 Step long step with right to right side, slide left beside right
51& On balls of feet twist both heels up to right, twist heels to center
52& On balls of feet twist both heels up to right, twist heels to center

SIDE, SLIDE, HEEL TWISTS LEFT

53-54 Step long step with left to left side. Slide right beside left
55& On balls of feet twist both heels up to left, twist heels to center
56& On balls of feet twist both heels up to left, twist heels to center

HIP BUMPS TWICE, HEEL DROPS TWICE

57 Leaning body slightly diagonally right, touch left forward and bump hips forward
& Bump hips back
58 Bump hips forward
& Bump hips back
59 Body back to center and drop left heel
& Lift left heel
60 Drop left heel taking weight

HIP BUMPS TWICE, HEEL DROPS TWICE

61 Leaning body slightly diagonally left, touch right forward and bump hips forward
& Bump hips back
62 Bump hips forward
& Bump hips back
63 Body back to center and drop right heel
& Lift right heel
64 Drop right heel taking weight

REPEAT
