

Cheekah Bow Bow

拍数: 64 墙数: 4 级数: Intermediate
编舞者: William Ambrose (UK)
音乐: Cheekah Bow Bow - Vengaboys



SYNCOPATED KICKS

1&2 Kick right foot diagonally forward over left, step right in place, kick left foot diagonally over right
& Step left in place
3-4 Flick right foot forward twice
& Step right in place
5&6 Kick left foot diagonally forward over right, step left in place, kick right foot diagonally over left,
& Step right in place
7-8 Flick left foot forward twice

CHASSE LEFT, RIGHT CROSS ROCK, CHASSE RIGHT, LEFT CROSS ROCK

9&10 Step left to left side, close right beside left, step left to left side
11-12 Cross rock right over left, rock back on left
13&14 Step right to right side, close left beside right, step right to right side
15-16 Cross rock left over right, rock back on right

TRIPLE STEP A ½ TURN LEFT, SIDE TOUCH CROSS STEP, SIDE TOUCH CROSS STEP, KICK BALL STEP

17&18 Triple step a ½ turn left stepping left, right, left
19-20 Touch right toe to right side, cross step right over left
21-22 Touch left toe to left side, cross step left over right
23&24 Kick right foot forward step right in place, step left in place

HEEL AND TOE SWIVELS LEFT THEN RIGHT,

25&26 Swivel both heels left, swivel both toes left, swivel both heels left
& Swivel both toes left
27&28 Repeat 25&26
29-32 Repeat above but go right

Option: on steps 25-32 you can also do pigeon toes or apple jacks for advanced dancers

MONTEREY TURN RIGHT, KICK BALL CHANGE, HEEL JACK

33-34 Touch right toe to right side, on ball of left foot turn a ½ turn right while stepping right back to place,
35-36 Touch left toe to left side, step left in place
37&38 Kick right foot forward, step ball of right in place, step left in place
& Step back on right,
39&40 Touch left heel forward, step left back in place, touch right beside left,

RIGHT SHUFFLE FORWARD, ¼ TURN LEFT SHUFFLE LEFT FORWARD, SHUFFLE RIGHT BACK, ½ TURN LEFT SHUFFLE LEFT FORWARD

41&42 Step right forward, close left beside right, step forward on right
43&44 On ball of right turn a ¼ turn left while stepping left forward, close right beside left, step forward on left
45&46 Step back on right, close left beside right, step back on left,
47&48 On ball of right turn a ½ turn left while stepping forward on left, close right beside left, step left forward

¼ TURN RIGHT SHUFFLE RIGHT FORWARD, SHUFFLE LEFT BACK, ½ TURN RIGHT SHUFFLE RIGHT FORWARD, CHASSE LEFT

49&50 On ball of left turn a ¼ turn right while stepping forward on right, close left beside, right, step forward on right

51&52 Step back on left, close right beside left, step back on left

53&54 On ball of left turn a ½ turn right while stepping forward on right, close left beside right, step right forward

55&56 Step left to left side, close right beside left, step left to left side

KICK BALL TOUCH, CROSS UNWIND A ½ TURN RIGHT, KICK BALL TOUCH, CROSS UNWIND A ¾ TURN RIGHT

57&58 Kick right foot forward, step right in place, touch left toe to left side

59-60 Cross left over right, unwind a ½ turn right, (weight ends on left foot)

61&62 Repeat 57&58

63-64 Cross left over right, unwind a ¾ turn right, (weight ends on left foot)

REPEAT

TAG

Performed after the 2nd wall. Repeat the last 8 counts of the dance twice, but change the ½ turn to a ¼ turn. The ¾ turn stays the same
