

Bye, Bye, Bye

拍数: 40 墙数: 2 级数: Intermediate/Advanced
编舞者: Larry Pizzini Jr. (USA)
音乐: Bye, Bye, Bye - *NSYNC



ROCK, RECOVER, STEP, LEAN, LEAN, MAMBO ¼ TURN, STEP, FULL TURN

- 1 Rock forward on right foot
- & Recover on left foot
- 2 Step right foot back about shoulder length from left foot
- 3 Lean left (bend left knee and straighten right leg)
- 4 Lean right (bend right knee and straighten left leg)
- 5 Cross left foot in front of right foot
- & Recover on right foot
- 6 Step left foot to left side making a ¼ turn to the left
- 7 Step right foot slightly in front of left foot
- 8 Full turn on right foot to the left

SHUFFLE LEFT-RIGHT-LEFT, STEP SIDE, CROSS STEP, TOUCH, TOUCH, TOUCH, STEP

- 9&10 Shuffle forward left-right-left keeping right foot behind left foot
- 11 Step right foot side right
- 12 Cross left foot in front of right foot
- 13 Touch right foot side right
- 14 ¼ turn left on left foot while touching right foot to right side
- 15 ¼ turn left on left foot while touching right foot to right side
- 16 Step right foot forward

MAMBO CROSS, ¼ SWEEP, SHUFFLE RIGHT-LEFT-RIGHT, FULL TURN, POINT

- 17 Step left foot side left
- & Recover on right foot
- 18 Cross left foot in front of right foot
- 19-20 Sweep right foot around to the left to make ¼ turn left
- 21&22 Shuffle forward right-left-right
- 23 Step left foot forward making full turn to the right on left foot
- 24 Point right foot straight ahead at knee level

SHUFFLE RIGHT-LEFT-RIGHT, ROCK, RECOVER, CROSS, BACK, BACK, ROCK, RECOVER, HALF, STEP

- 25&26 Shuffle forward right-left-right
- 27 Rock left foot side left
- 28 Recover on right foot
- 29 Cross left foot over right foot
- & Step back on right foot
- 30 Step left foot side left
- & Rock forward on right foot
- 31 Recover on left foot
- & ½ turn to the right and step right foot forward
- 32 Step left foot forward

SKATE, SKATE, MAMBO RIGHT-LEFT-RIGHT, STEP ½ TURN, STEP ½ TURN, COASTER LEFT-RIGHT-LEFT

- 33 Skate right foot forward

- 34 Skate left foot forward
- 35&36 Coaster right-left-right
- 37 Step back on left foot while making $\frac{1}{2}$ turn to the left
- 38 Step forward on right foot while making $\frac{1}{2}$ turn to the left
- 39 Step left foot back
- & Step right foot next to left foot
- 40 Step left foot forward

REPEAT

TAG

After the 2nd, 4th, and 6th walls

- 1 Step right foot forward
 - 2 Hold
 - 3 Squat down
 - 4 Roll up (weight is on left foot)
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