# Be-Bop-A-Lula

拍数: 40

级数: Improver contra dance

编舞者: Denny Hengen (USA)

音乐: Why Haven't I Heard From You - Reba McEntire

# Position: Begin dance in facing lines

# LEG PUMPS WITH FINGER SNAPS

- 1 With feet together raise left heel off floor
- 2 Snap fingers
- 3 Lower left heel as you raise right heel
- 4 Snap fingers
- 5 Lower right heel as you raise left heel
- 6 Lower left heel as you raise right heel
- 7 Lower right heel as you raise left heel
- 8 Lower left heel as you raise right heel

# VINE RIGHT WITH A SCUFF VINE LEFT WITH A TOUCH

- 1 Step to right on right
- 2 Step behind right on left
- 3 Step to right on right
- 4 Scuff left foot forward
- 5 Step to left on left
- 6 Step behind left on right
- 7 Step to the left on left
- 8 Touch toes of right next to left

#### **KNEE ROLLS**

- 1 On toes of right roll right knee in clockwise circle
- 2 Snap fingers and shift weight to right
- 3 On toes of left roll left knee in counterclockwise circle
- 4 Snap fingers and shift weight to left
- 5 On toes of right roll right knee in clockwise circle
- 6 On toes of left roll left knee in counterclockwise circle
- 7 On toes of right roll right knee in clockwise circle
- 8 On toes of left roll left knee in counterclockwise circle

### Make sure that the lines are staggered so that the dancers can pass through the opposite line.

# SCOOT, CLAP, SCOOT, CLAP WALK, WALK, STEP, PIVOT

- 1 Scoot forward on balls of both feet
- 2 Clap
- 3 Scoot forward on balls of both feet
- 4 Clap
- 5 Walk forward on right
- 6 Walk forward on left
- 7 Step forward on right
- 8 Pivot ½ turn to the left

# STEP, PIVOT, BACK, TOUCH STEP, PIVOT, BACK, STOMP

- 1 Step forward on right
- 2 Pivot <sup>1</sup>/<sub>2</sub> turn to the right on right, hitching left up





**墙数:**2

3	Step back on left
4	Touch toes of right back
5	Step forward on right
6	Pivot $\frac{1}{2}$ turn to the right on right, hitching left up
7	Step back on left
8	Stomp right next to left

REPEAT