

Beep Beep

拍数: 16 墙数: 4 级数: Beginner
编舞者: Carrie (Mustang) Groeschel (USA) & Holly Susan (Boots) Groeschel (USA)
音乐: Road Runner - Microwave Dave & The Nukes



Mustang was age 15 when she choreographed this dance. Boots is her mom.

KICK BALL CHANGE & STOMPS

- 1 Kick with the right foot forward
- & Step in place on right foot
- 2 Step in place on left foot (weight left)
- 3 Stomp right in place
- 4 Stomp left in place

FIGURE FOUR

(Draw an imaginary line/like a figure 8)

- 1 Right foot & knee moves inward across left foot (toe downward)
- 2 Right foot & knee moves outward
- 3 Right foot & knee moves inward across left foot (toe downward)
- 4 Right foot & knee moves outward - place down shoulder width from left

BODY RIPPLE (SNAKE)

- 1 Roll body to the right (head leads)
- 2 Return to center
- 3 Roll body to the left (head leads)
- 4 Return to center

Body remains facing front

ROCK STEP & BODY ROLL

- 1 Rock back onto right foot (left doesn't move)
- 2 Step forward onto left
- 3 Begin ¼ turn left/begin hip roll
- 4 Finish ¼ turn left/finish hip roll

REPEAT
