

Badonkadonk

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver west coast swing
编舞者: Pepper Siquieros (USA)
音乐: Honky Tonk Badonkadonk - Trace Adkins



Start when Trace says the words: Left, Left, Left-Right-Left. The dance will go with the words

LEFT SIDE ROCK STEP, LEFT CROSS ROCK STEP, LEFT STEP SIDE, RIGHT TOGETHER, LEFT SIDE SHUFFLE LEFT

1-2 Rock left to side, recover onto right
3-4 Cross/rock left over right, recover onto right
5-6 Step left to side, step right together
7&8 Shuffle to side stepping left, right, left

RIGHT CROSS ROCK, RIGHT SAILOR TURN ¼ RIGHT, LEFT SHUFFLE FORWARD, RIGHT KICK-STEP-TOUCH

1-2 Cross/rock right over left, recover to left
3&4 Sweep right front to back and cross right behind left, turn ¼ right and step left to side, step right to side (3:00)
5&6 Shuffle forward left, right, left
7&8 Kick right forward, step right together, touch left toe to side

STEP BACK-TOUCH SIDE (X3), RIGHT SAILOR TURN ¼ RIGHT

1-2 Step left back, touch right toe to side
3-4 Step right back, touch left toe to side
5-6 Step left back, touch right toe to side
7&8 Cross right behind left, turn ¼ right and step left to side, step right to side (6:00)

LEFT SHUFFLE FORWARD, RIGHT ROCK-STEP-BACK, WALK BACK LEFT-RIGHT, LEFT ROCK BUMP BACK, RIGHT BUMP FORWARD

1&2 Shuffle forward left, right, left
3&4 Rock right forward, recover onto left, step right back
5-6 Step left back, step right back
7-8 Rock left back and bump hips back, recover onto right and bump hips forward

REPEAT
