

Badonkadonk

拍数: 64 墙数: 2 级数: Intermediate east coast swing
编舞者: Ben Summerell (AUS)
音乐: Honky Tonk Badonkadonk - Trace Adkins



INTRO

When you hear the song say "here she comes" listen for the words "left, left, left right left". When this happens, do as Trace says (There are only 7 counts and count 8 is the start of the dance)

1-4 Touch left forward, hitch left knee, touch left forward, hitch left knee
5-6-7 Step left forward, step right forward, step left forward

THE MAIN DANCE

RIGHT SHUFFLE, ROCK, RECOVER, LEFT SHUFFLE, ROCK, RECOVER

1&2 Step right to side, step left together, step right to side
3-4 Rock left behind right, recover to right
5&6 Step left to side, step right together, step left to side
7-8 Rock right behind left, recover to left

RIGHT JAZZ BOX, HEELS FORWARD, STEP BACK

1-2-3 Step right diagonally forward, step left to side, step right to home
4&5 Step left together, step right heel diagonally forward, step left heel to side
6&7 Click fingers, step right to home, step left together
8 Bounce both heels and click fingers beside waist

RIGHT SHUFFLE FORWARD, STEP ½ RIGHT, LEFT SHUFFLE FORWARD, STEP ½ LEFT

1&2 Step right forward, step left together, step right forward
3-4 Step left forward, turn ½ right (weight to right)
5&6 Step left forward, step right together, step left forward
7-8 Step right forward, turn ½ left (weight to left)

JUMP FORWARD, CLAP, JUMP FORWARD, CLAP, STOMP, CLAP X 4

&1-2 Step right forward, step left together, clap
&3-4 Step right forward, step left together, clap

Curve ¼ left over counts 1-4

5& Stomp right forward, clap
6& Stomp left forward, clap
7& Stomp right forward, clap
8& Stomp left forward, clap

KICK, KICK, COASTER STEP, KICK, KICK, COASTER STEP

1-2 Kick right forward, kick right to side
3&4 Step right back, step left together, step right forward
5-6 Kick left forward, kick left to side
7&8 Step left back, step right together, step left forward

STEP, SLAP, STEP, SLAP, STEP ½ PIVOT, STEP ¼ PIVOT

1-2 Step right forward, hitch left knee

Slap left thigh with right hand

3-4 Step left forward, hitch right knee

Slap right thigh with left hand

5-6 Step right forward, turn ½ left (weight to left)
7-8 Step right forward, turn ¼ left (weight to left)

TOE STRUT, CROSS STRUT, STEP, CROSS STEP, CROSS, STEP, CROSS, STEP

- 1-2 Step right toe to side, drop right heel
- 3-4 Cross/touch left toe over right, drop left heel
- 5-6 Step right to side, cross left over right
- &7 Step right to side, cross left over right
- &8 Step right to side, cross left over right

½ MONTEREY TURN, RIGHT APPLEJACK SHUFFLE

- 1-2 Touch right to side, turn ½ right and step right together
- 3-4 Touch left to side, step left together
- 5& Swivel right heel and left toe to the right, swivel right toe and left heel to the right
- 6&7&8& Repeat 5& three more times

REPEAT

ALTERNATIVE TO APPLEJACK SHUFFLE

- 5& Twist both heels to right, twist both toes to right
 - 6&7&8& Repeat 5& three more times
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