

Bang A Boomerang

拍数: 32 墙数: 4 级数: Improver
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音乐: Bang-A-Boomerang - ABBA



Intro: 32 counts.

Apple jacks x4 (R,L,R,L)

- 1-2 Taking weight onto R heel and L toe swivel R toe and L heel to R side. Return feet to centre.
- 3-4 Taking weight onto L heel and R toe swivel L toe and R heel to L side. Return feet to centre.
- 5-6 Taking weight onto R heel and L toe swivel R toe and L heel to R side. Return feet to centre.
- 7-8 Taking weight onto L heel and R toe swivel L toe and R heel to L side. Return feet to centre.

Rolling full turn right, Clap , Rolling full turn Left, Clap

- 9-10 Step R 1/4 turn R. On ball of R make 1/2 turn R stepping back L.
- 11-12 On ball of L make 1/4 turn R stepping R to R side. Touch L beside R, and Clap.
- 13-14 Step L 1/4 turn L. On ball of L make 1/2 turn L stepping back R.
- 15-16 On ball of R make 1/4 turn L stepping L to L side. Touch R beside L and Clap.

Tag here on wall 10, then restart! (for Bang a Boomerang)

Step forward, Turn ½ left, Rocking chair forward, Step (R)forward Scuff(L)

- 17-18 Step right forward, Turn ½ left (weight on left)
- 19-20 Rock forward on right. Rock back onto left.
- 21-22 Rock back on right. Rock forward onto left.
- 23-24 Step forward on right, Scuff left forward.

Step forward(L)Scuff (R),Rocking chair forward, Step (R) forward, Turn ¼ (L)

- 25-26 Step forward on left. Scuff right forward,
- 27-28 Rock forward on right. Rock back onto left.
- 29-30 Rock back on right. Rock forward onto left.
- 31-32 Step right forward, turn ¼ left on ball of right, (move weight to left).

Begin again.

TAG On wall 10, dance the first 16 steps, do the tag, and restart.

Apple jacks (R,L)

- 1-2 Taking weight onto R heel and L toe swivel R toe and L heel to R side. Return feet to centre.
 - 3-4 Taking weight onto L heel and R toe swivel L toe and R heel to L side. Return feet to centre.
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