

Bad Is Bad

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Larry Bass (USA) - February 2010
音乐: Bad Is Bad - Huey Lewis & The News



WALK, WALK, SAILOR STEP; COASTER STEP ¼ TURN & POINT & POINT & HEEL

1-2 Step Right forward; Step left forward
3&4 Angle body to the right & step Right behind Left, Step Left to left side, step Right to right side
5&6 Step Left back, Step Right beside Left, Turn ¼ turn right while pointing Left to left side
&7 Step Left beside Right, Point Right to right side
&8 Step Right beside Left, Touch Left heel forward

(&) STEP ¼ TURN, HIP BUMPS, SIDE ROCK ¼ TURN , ¼ TURN, BEHIND, SIDE

&9-10 Step Left beside Right, Step Right forward; Turn ¼ turn left onto Left
11& Bump hip right, Bump hip left
12& Bump hip right, Bump hip left
13-14 Rock Right to right side, Turn ¼ turn left onto Left
15 Turn ¼ turn left while stepping Right to right side
16& Step Left behind Right, Step Right to right side

SIDE; BEHIND, SIDE, ACROSS, & ¼ TURN ROCK STEP; FORWARD ROLL, TURNING SHUFFLE

17 Step Left to left side
18&19 Step Right behind Left, Step Left to left side, Step Right across Left
&20-21 Turn ¼ turn right while stepping Left back; Step Right back; Rock forward onto Left turning ¼ turn left
22-23 Turn ¼ turn left stepping Right back
23&24 Turn ½ turn left while shuffling Left, Right, Left

STEP PIVOT, FORWARD SHUFFLE; STEP PIVOT, STEP ½ TURN ROLLING HIPS

25-26 Step right forward, pivot ½ turn left onto left
27&28 Shuffle forward right, left, right
29-30 Step left forward, pivot ½ turn right onto right
31 Step left forward while keeping weight on right hip
& Roll hips to the left
32 Turn ½ turn right while rolling hips back onto left while touching right in front of left

START OVER

Inquiries: (Larry Bass PH: 904-737-2144); E-mail: lbass6622@comcast.net
6405 Starling Ave. Jacksonville, Fl. 32216