

BB 2000

拍數: 48 牆數: 2 級數: Improver
編舞者: Roy Verdonk (NL) & José Miguel Belloque Vane (NL) - November 2014
音樂: Looking for a Fox - Blues Brothers 2000 soundtrack



Intro : 32 counts: : Restart: wall 3 after 32 counts

Heel Tap (2X) , Weave, Kick/Ball/Cross, Rock/Recover

1-2 Rf tap heel on floor, Rf tap heel on floor (weight remains on Lf)
3&4 Rf cross behind Lf, Lf step left (&), Rf cross in front of Lf
5&6 Lf kick diagonally forward left, Lf step together(&) , Rf cross in front of Lf
7-8 Lf rock left, recover onto Rf

Weave, Step, Hold, 1/2 turn L, Hold, Step 1/2 Turn L

1&2 Lf cross behind Rf, Rf step right (&), Lf cross in front of Rf
3-4 Rf step right, hold
5-6 make 1/2 turn left stepping Lf to left, hold (06.00)
7-8 Rf step forward, make 1/2 left stepping Lf forward (12.00)

Shuffle Forward R, Press L Forward, Hold, Hip Rolls (2X)

1&2 Rf step forward, Lf step together (&), Rf step forward
3-4 Lf press ball of foot forward into floor, hold
5-6 roll hips CCW
7-8 roll hips CCW (finish weight on Rf)

Toe/Heel Struts Back (2X) , Rock/Recover, Shuffle Forward L

1-2 Lf touch toes back, Lf lower heel into floor
3-4 Rf touch toes back, Rf lower heel into floor
5-6 Lf rock back, recover onto Rf
7&8 Lf step forward, Rf step together (&), Lf step forward *

* Restart the dance here in wall 3

Out/Out, Shuffle R, Out/Out, Shuffle L

1-2 Rf step right, Lf step left
3&4 Rf step right, Lf step together (&), Rf step right
5-6 Lf step left, Rf step right
7&8 Lf step left, Rf step together (&), Lf step left

(optional arm movement: when moving to right, right hand is up in a "claw" position to right side and left hand is underneath right hand in "claw" position.

Same thing when moving to the left, but then left hand will be up to left.)

Jazzbox With 1/4 Turn R (2X)

1-2 Rf cross in front of Lf, Lf step back
3-4 make 1/4 turn right stepping Rf right, Lf step forward (3.00)
5-6 Rf cross in front of Lf, Lf step back
7-8 make 1/4 turn right stepping Rf right, Lf step forward (6.00)