

KCB Bop

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lynne Martino (USA) - April 2015
音樂: Kansas City / Hey-Hey-Hey-Hey! - The Beatles : (Album: Beatles Anthology)



Start after 16 ct. intro(on the word "Kansas")

[1-8] □ □ KICK, KICK, SAILOR , CROSS STEP, STEP , STEP, BALL, HEEL

1,2 Kick R foot across L(1),kick R foot to right side(2)
3&4 Step R behind L(3),step L next to R(&),step R to right side(4)
5,6,7&8 Cross L over R(5), step R to right side(6), step L to left side(7) Step on ball of R(&), bring L heel forward(8)

[9-16] □ □ BALL CROSS ,STEP, 1/4 SAILOR, 2 WALKS, BALL, HEEL,BALL, CROSS

&1,2 Step on L(&), cross R over L(1), step L to left side
3&4 Sweeping R make ¼ turn right and step on R(3), step L next to R(&) step R forward(4)
5,6 Walk forward L,R(5,6)
&7&8 Step on L(&), bring R heel forward(7),step R next to L(&), cross L over R(8)

[17-24] □ □ ¼ STEP, STEP TOGETHER, KICK BALL CHANGE,TOE STRUTS

1,2 Step R back ¼ turn left(1), step L next to R(2)
3&4 Kick R forward(3), step on ball of R(&), step L next to R(4)
5-8 Touch R toe forward(5), step down on R heel(6), touch L toe forward(7), step down on L heel(8)

[25-32] □ □ ROCK, RECOVER,1/4, BALL STEP, ¼, WALKS, TWO HEEL SWITCHES

1,2 Rock R forward(1), recover on L(2)
3&4 Making ¼ turn right, step R to right side(3), ball step L next to R(&), step R forward ¼ turn right
5,6 Walk forward L, R(5,6)
7&8 Bring L heel forward(7), step down on L(&) bring R heel forward(8)

[33-40] □ □ CROSS, STEP, ¼ CHASSE, WEAVE, TOUCH

1,2 Cross R over L(1), step back on L(2)
3&4 Making ¼ right, step R to right side(3), step L next to R(&), step R to right side(4)
5-8 Cross L over R(5), step R to right side(6), step L behind R(7), touch R to right side(8)

[40-48] □ □ STEP, TOUCH,CROSS KICK, BALL, TOUCH,PIVOT ½, CROSS,TOUCH

1,2,3&4 Step R back(1), touch L out to left side(2) kick L across R(3), step L to left side(&) Touch R out to right side(4)
5-8 Place weight on R & pivot ½ turn right(5), touch L out to left side(6) Cross L over R(7), touch R next to left(8)

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