

Bills

拍數: 96 牆數: 0 級數: Intermediate
編舞者: Saskia Janson (NL) - April 2015
音樂: Bills - LunchMoney Lewis



Dance starts at the word "Bills"

S1: 4 x SKATE FW, CROSS OVER, STEP BEHIND, CHASSÉ R

- 1-2 . Slide RF diagonally fw, Slide LF diagonally fw
- 3-4 . Slide RF diagonally fw, Slide LF diagonally fw
- 5-6 . Cross RF over LF, Step LF backward
- 7&8 . Step RF to R side, Step LF next to RF, Step RF to R side

S2:S3: ROCK, KICK BALL CHANGE 2x, ROLLING VINE L, ROLLING VINE R, CHASSÉ L

- 1-2 . Step LF backward, Put weight back on RF
- 3&4 . Kick LF fw, Step LF beside RF, Step onto RF in place.
- 5&6 . Kick LF fw, Step LF beside RF, Step onto RF in place.
- 7-8 . Step LF ¼ turn L, On ball of LF make ½ turn L stepping RF back

- 1-2 . On ball of RF make ¼ turn L stepping LF to L side, Tap RF next to LF with a clap
- 3-4 . Step RF ¼ turn R, On ball of RF make ½ turn R stepping LF back
- 5-6 . On ball of LF make ¼ turn R stepping RF to R side, Tap LF next to RF with a clap.
- 7&8 . Step LF to L side, Step RF next to LF, Step LF to L side

S4: ROCK, KICK BALL CHANGE, KICK BALL CHANGE ¼ TURN R, KICK & TOUCH

- 1-2 . Step RF backward, Put weight back on LF
- 3&4 . Kick RF fw, Step RF beside LF, Step onto LF in place
- 5&6 . Turn ¼ R kick RF fw, Step RF beside LF, Step onto LF in place
- 7&8 . Kick RF fw, Step RF beside LF, Touch LF to L side

S5: KICK & TOUCH 3x, CROSS OVER, STEP BEHIND

- 1&2 . Kick LF fw, Step LF beside RF, Touch RF to R side
- 3&4 . Kick RF fw, Step RF beside LF, Touch LF to L side
- 5&6 . Kick LF fw, Step LF beside RF, Touch RF to R side
- 7-8 . Cross RF over LF, Step LF backward

S6: ¼ TURN R CHASSÉ R, ROCK, CHASSÉ L, ROCK

- 1&2 . Turn ¼ R step RF to R side, Step LF next to RF, Step RF to R side
- 3-4 . Step LF backward, Put weight back on RF
- 5&6 . Step LF to L side, Step RF next to LF, Step LF to L side
- 7-8 . Step RF backward, Put weight back on LF

S7: HEEL SWITCHES, TOUCH & TOUCH, HEEL & TOUCH, SIDE TOUCH TURN ¼ R

- 1&2& . Touch R heel fw, Step RF beside LF, Touch L heel fw, Step LF beside RF
- 3&4& . Touch R toe to R side, Step RF beside LF, Touch LF to L side, Step LF beside RF
- 5&6& . Touch R heel fw, Step RF beside LF, Touch R toe next to LF, Step LF next to RF
- 7-8 . Touch R toe to R side, Turn ¼ R

S8: COASTERSTEP, SHUFFLE, ROCK, SHUFFLE

- 1&2 . Step RF backward, Step LF next to RF, Step RF fw
- 3&4 . Step LF fw, Step RF next to LF, Step LF fw
- 5-6 . Step RF fw, Put weight back on LF

7&8 . Step RF backward, Step LF next to RF, Step RF backward

S9: ROCK, CHASSÉ L, ¼ TURN R CHASSÉ R, ¼ L CHASSÉ L

1-2 . Step LF backward, Put weight back on RF

3&4 . Step LF to L side, Step RF next to LF, Step LF to L side

5&6 . ¼ turn R step RF to R side, Step LF next to RF, Step RF to R side

7&8 . ¼ turn L step LF to L side, Step RF next to LF, Step LF to L side

S10: ¼ R CHASSÉ R, ¼ L CHASSÉ L, STEPS & HIPBUMPS 2x

1&2 . ¼ turn R step RF to R side, Step LF next to RF, Step RF to R side

3&4 . ¼ turn L step LF to L side, Step RF next to LF, Step LF to L side

5-6 . Step RF fw with high hipbump, low hipbump

7-8 . Step LF fw with high hipbump, low hipbump

S11: STEPS & HIPBUMPS 2x, STEP, TURN, STEP, TURN

1-2 . Step RF fw with high hipbump, low hipbump

3-4 . Step LF fw with high hipbump, low hipbump

5-6 . Step RF fw, Turn ½ L

7-8 . Step RF fw, Turn ½ L

S12: LOCKSTEP, LOCKSTEP, LOCKSTEP, LOCKSTEP

1-2 . Step RF fw, Lock LF behind RF, Step RF fw

3-4 . Step LF fw, Lock RF behind LF, Step LF fw

5&6 . Step RF fw, Lock LF behind RF, Step RF fw

7&8 . Step LF fw, Lock RF behind LF, Step LF fw

After de 4th wall there is a Tag

STEP, TURN, STEP, TURN, 4x SWAY

1-2 . Step RF fw, Turn ½ L

3-4 . Step RF fw, Turn ½ L

5-6 . Move hips to R side, Move hips to L side

7-8 . Move hips to R side, Move hips to L side

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