

Bills

拍數: 96 牆數: 4 級數: Intermediate
編舞者: Nicky Tan (MY) - May 2015
音樂: Bills - LunchMoney Lewis



Intro starts after 32 counts, at lyrics

Section 1 : Kick Ball Touch 2x, Cross, Unwind 1/2L , Hold, Jump Together Then Apart

1&2 Kick RF forward, Step RF beside LF, Touch LF behind RF
3&4 Kick LF forward, Step LF beside RF, Touch RF behind LF
5,6 Cross RF over LF, Unwind ½ turn to L with weight on LF
7 Hold in place
&8 Jump with both feet together, Jump with both feet apart (6:00)

Section 2 : Dip, Toe Fan L then R, Walk Back

1,2 Bend both knees (Dip down) and lean body to right and swing to left then to upright position
3& Weight on RF, fan L toes out to left and back to center
4& Weight on LF, fan R toes out to right and back to center
5,6,7,8 Step RF back, Step LF back, Step RF back, Step LF together (6:00)

Section 3 : Toe switches, Step RF back, Turn ½ R, Stomp, Hold

1& Touch RF to right, Step RF beside LF
2& Touch LF to left, Step LF beside RF
3,4 Touch RF to right, Step RF back and slightly lean body back
5,6 Transfer weight to LF & push body up again (5), Turn ½ R with weight on RF (6) (12:00)
7,8 Stomp LF beside RF, Hold

Section 4 : Step Out, Step Out, Hip Circle, Hands Movement

1,2 Step RF forward, Step LF to left
(Hand movement : Lift R hand above head, Lift L hand together)
3,4 Hip Circle anti-clockwise (Hand Movement : Swing hands in air)
5,6 Both feet in place and hand movement : Lower hands & make a big loop
7,8 Place both hands on waist, Hold (12:00)

Section 5 : Heel Jack, Touch Forward, Back, Forward, Hitch

1& Cross RF over LF, Step LF to side,
2& Touch R heel diagonally forward, Step RF beside LF (1:30)
3& Cross LF over RF, Step RF to side
4& Touch L heel diagonally forward, Step LF beside RF (10:30)
5,6 Touch RF diagonally forward, Touch RF back
7,8 Touch RF diagonally forward, Hitch RF (10:30)

Section 6 : Back Cha Cha 2x, Samba Walk ½ R

1&2 Diagonally back cha cha RF, LF, RF
3&4 Back Cha Cha LF, RF, LF
5& Turn 1/8 R & Step RF to side, Step LF behind RF
6& Repeat Step 5&
7& Repeat Step 5&
8 Turn 1/8 R & Step RF forward (6:00)

Section 7 : Left Mambo, Right Mambo, Rock Forward, Coaster Step

1&2 Rock LF to left, Recover on RF, Step LF beside RF

3&4 Rock RF to right, Recover on LF, Step RF beside LF
5,6 Rock LF forward, Recover on RF,
7&8 Step LF back, Step RF together, Step LF forward (6:00)

Section 8 : Jazz Box, Jazz Box with 1/2R Turn

1,2 Cross RF over LF, Step LF back
3,4 Step RF to side, Step LF together
5,6 Cross RF over LF , Turn ¼ R & Step LF back
7,8 Turn ¼ R & Step RF forward, Step LF together (12:00)

Section 9 : Toe struts, Hip Bump

1,2 Touch RF forward, Step RF down
3,4 Touch LF forward, Step LF down
&5&6 Step RF to side & do Hips bump to R, L, R, L
&7&8 Continue hip bumps R, L, R, L (12:00)

Section 10 : Toe struts, Step Forward with Hip Push

1,2 Turn ¼ R & Touch RF forward, Step RF down (3:00)
3,4 Touch LF forward, Step LF down
5,6 Step RF forward & push R hip forward, Push hip back
7,8 Step RF in place & push R hip forward, Push hip back

Section 11 : Toe struts, Out, Out, Hand Movement

1,2 Turn ¼ R & Touch RF forward, Step RF down (6:00)
3,4 Touch LF forward, Step LF down
5,6 Step RF forward, Step LF to side (Hands : Open R hand out, Open L hand out)
7,8 Both feet in place (Hands : Pull both hands in toward body twice)

Section 12 : Toe struts, Step side, Together, Step side, Together

1,2 Turn ¼ R & Touch RF forward, Step RF down (9:00)
3,4 Touch LF forward, Step LF down
5,6 Step RF to side, Step LF together (Styling : Do upper body pump)
7,8 Repeat above step 5,6

TAG: At the end of Wall 3 (3:00), add 8 counts of upper body bump movement on the spot and then Restart dance.
