

Black Betty

拍數: 32 牆數: 2 級數: Improver
編舞者: Nathan Gardiner (SCO) - October 2015
音樂: Black Betty - Tom Jones



Intro: 16 counts on heavy beat

SKATE RIGHT, SKATE LEFT, SHUFFLE FORWARD, 1/4 LEFT, 1/2 LEFT, CHASSE 1/4 LEFT

1-2 Skate forward on right, Skate forward on left
3&4 Step forward on right to right diagonal, Step left next to right, Step forward on right to right diagonal
5-6 1/4 Left stepping forward on left, 1/2 Left stepping back on right
7&8 1/4 Left stepping left to left side, Step right next to left, Step left to left side

CROSS ROCK, RECOVER, &, TOUCH, &, TOUCH, ROCK BACK, RECOVER, KICK & POINT

1-2 Cross rock right slightly over left, Recover on left
&3&4 Step back on right, Touch left next to right, Step back on left, Touch right next to left
5-6 Rock back on right, Recover on left
7&8 Kick right foot forward, Step right next to left, Point left toes to left side

CROSS SAMBA, CROSS SAMBA, MAMBO STEP, TOUCH ACROSS, TOUCH OUT, FLICK

1&2 Cross step left over right, Rock out to right side, Recover on left
3&4 Cross step right over left, Rock out to left side, Recover on right
5&6 Rock forward on left, Recover on right, Step back on left
7&8 Touch right toes across left, Touch right toes to right side, Flick right behind left

STEP FORWARD, ROCK FORWARD, RECOVER, 1/2 SHUFFLE LEFT, KICK & TOUCH, HIP BUMP

1 Step forward on right
2-3 Rock forward on left, Recover on right
4&5 1/2 Turn shuffle left stepping Left, Right, Left
6&7 Kick right foot forward, Step right next to left, Touch left next to right
&8& Bump left hip forward to left diagonal, Bump left hip back to centre, Step forward on left

Contact: nathan.gardiner1998@hotmail.co.uk