

The Bop

拍數: 32 牆數: 4 級數: Improver
編舞者: Christine Steindl (AUT) - July 2016
音樂: Bop - Ms. Jody



Intro: 32 cts

[1-8] Kick Ball Point R, Hip-Bumps L, R, 1/4 Hip-Bump Turn R, Sweep Back Locking Triples R, L

- 1&2 (1) kick R forward, (&) step R next to left, (2) point L forward
3&4 (3) bump hips L forward, (&) bump hips R back, (4) make 1/4 Turn R as you bump hips L - 3:00
5&6 (5) sweep R as you step back R, (&) cross L over right, (6) step back R
7&8 (7) sweep L as you step back L, (&) cross R over left, (8) step back L

[9-16] Touch Back R, Unwind 1/2 Turn R, Side-Rocks L, R, L

- 1-2 (1) point R back, (2) make 1/2 Turn R - 9:00
3-4& (3) rock L to left, (4) recover on R, (&) step L next to right
5-6& (5) rock R to right, (6) recover on L, (&) step R next to left
7,8 (7) rock L to left, (8) recover on R

[17-24] 1/4 Sailor Turn L, Toe Struts with Hip Bumps R, (Turning) Toe Struts with Hip Bumps L, R

- 1&2 (1) cross L behind right, (&) make 1/4 Turn L as you step R to right, (2) step L forward - 6:00
3&4 (3) touch ball of R forward as you bump hips forward, (&) bump hips back, (4) drop R heel as you bump hips forward
5&6 (5) touch ball of L forward as you bump hips forward, (&) bump hips back, (6) drop L heel as you bump hips forward
7&8 (7) touch ball of R forward as you bump hips forward, (&) bump hips back, (8) drop R heel as you bump hips forward

Turning option:-

- 5&6 (5) touch ball of L forward as you bump hips forward, (&) bump hips back, (6) drop L heel as you make 1/2 Turn R - 12:00
7&8 (7) touch ball of R back as you bump hips back, (&) bump hips forward, (8) drop R heel as you make 1/2 Turn R - 6:00

[25-32] Jazz Box L, Jazz Box L with 1/4 Turn L Triple Step

- 1,2,3,4 (1) cross L in front of right, (2) step R back, (3) step L to left, (4) step R forward
5,6 (5) cross L in front of right, (6) step R back
7&8 (7) make 1/4 Turn L as you step L to left, (&) step R next to left, (8) step L to left - 3:00

Repeat and have fun

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