

Banjos And Bongos

拍數: 32 牆數: 4 級數: High Novice
編舞者: Vincent Dijks (NL) & Ivonne Verhagen (NL) - June 2017
音樂: Banjos and Bongos - Sammy Arriaga : (Album: Meet Me In The Middle)



Start after 16 counts on vocals

Ball Fwd, Fwd, Chase ½ L, Paddle Full Turn L

&1-2 LF step beside on ball foot, RF step forward, LF step forward
3&4 RF step forward, R+L ½ turn left, RF step forward
5&6 LF step forward, RF ¼ left rock side, LF recover
&7&8 RF ¼ left rock side, LF recover, RF ¼ left rock side, LF ¼ left recover [6]

Ball Point Fwd, Hold, Toe Switches Fwd, Ball Cross, ¼ R Ball Point, Ball Cross, Side Together

&1-2 RF step beside on ball foot, LF point forward (option: with body roll), hold (push hands forward)
&3&4 LF step beside on ball foot, RF point forward, RF step beside on ball foot, LF point forward
&5&6 LF step beside on ball foot, RF cross over, LF ¼ right step back, RF point forward
&7&8 RF step beside on ball foot, LF cross over, RF step side, LF together and push hips back [9]

Cross, Side, Behind Side Touch, Ball Cross, Side, Sailor ½ L

1-2 RF cross over, LF step side
3&4 RF cross behind, LF step side, RF touch beside
&5-6 RF step beside on ball foot, LF cross over, RF step side
7&8 LF ½ left cross behind, RF step beside, LF step slightly forward [3]

Out Out, Hold, Sailor, Ball Side, Touch, Kick Ball Point

&1-2 RF step side (out), LF step side (out), hold
3&4 LF cross behind, RF step beside, LF step side
&5-6 RF step beside on ball foot, LF step side (option: body roll), RF touch beside
7&8 RF kick forward, RF step beside on ball foot, LF point forward [3]

Start again

Restart: Dance the 3rd wall up to and including count 15& (count 7& of the 2nd section), then:

8 LF touch beside

and start again