

Bam-Ba-Lam

COPPER KNOB
BYEONHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Hee Sun Lee (KOR) & Su Jin Shin (KOR) - February 2020
音樂: Get Ready (feat. Blake Shelton) - Pitbull



No TAG! No Restart! Yeah Get Ready !

INTRO: after 32 Count

S1: DIAGONAL BACK R-L, FWD WALK R-L-R, KICK

1-2 Step R to R diagonal(1), Touch L next to R(2) (4:30)
3-4 Step L to L diagonal(3), Touch R next to L(4) (7:30)
5-8 Walk forward R-L-R(5-7), Kick L forward(8) (12:00)

S2: BACK WALK L-R-L, TOUCH, BODY ROLL R-L, SIDE, TOUCH

1-4 Walk back L-R-L(1-3), Touch R next to L(4)
5-6 Step R to R with body roll right side(5), Step L in place with body roll left side(6)
7-8 Step R to R(7), Touch L next to R(8)

S3: ROLLING VINE TO LEFT, TOUCH, SIDE, CROSS, SIDE, CROSS

1-4 Make 1/4 turn left and Step forward on L(1), Make 1/2 turn left and Step back on R(2), Make
1/4 turn left L to L(3), Touch R next to L(4)
5-6 Step R to R(5), Cross L over R(6)
7-8 Step R to R(7), Cross L over R(8)

S4: SIDE, 1/4 L TURN, TOUCH FWD-BACK, JUMP-JUMP, 1/2 PIVOT

1-2 Step R to R(1), Make 1/4 turn left and Step forward on L(2) (9:00)
3-4 Touch R forward(3), Touch R back(4)
5-6 Both feet(R-L) twice Jump (or Stomp R- Stomp L) (5,6)
7-8 Step R forward(7), Pivot 1/2 turn left(8) (3:00)

Have fun!

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