

Ba Duba Dop

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Virnita Simorangkir (OMN) - December 2020
音樂: MMMBop - Hanson



Sequence AAB A*AB ABA ABB BA*
A* 16 count

There is 1 Restart in this dance, on wall 4 with change step after 15 count from hitch to step LR together

Part A

Sec 1 : grape vine with touch, travelling turn left, hitch

1-4 step R side, step L behind R, step R side, touch L side
5-8 turn 1/4 left step L forward, turn 1/2 left step R back, turn 1/4 left step L side, hitch R

Sec 2 : rock recover, lock step back RF with BW on RF, coaster step, forward R hitch L

1-2 rock R forward, recover on L
3&4 Rock R back, cross L over, Step R back
5&6 step L back, step R together, step L forward
7-8 step R Forward, hitch L

Sec 3 : point , point, 1/4 turn L sailor step, rocking chair

1-2 point L forward, point L side
3&4 1/4 turn left step L behind, step R side, step L slightly forward
5-8 rock R forward, recover on L, rock R back, recover on L

Sec 4 : pivot 1/4 turn left, suffle forward R, toe heel strut, cross over, back

1-2 Step R forward, 1/4 turn left BW on L
3&4 step R forward, step L together, step R forward
5-8 point L toe, drop L heel down, cross RF over L, rock back LF

Part B

Sec 1 : Push step side R - L - R, pivot turn 1/2 L

1234 Push step R side, Step R together, push step L side, step L together
5678 Push step R side, step R together, Step L forward, 1/2 turn right BW on L

Sec 2 : Botafogo L R, cross shuffle,pivot turn 1/2 L

1&2 Cross L over, step R side, step L in place
3&4 Cross R over, step L to side, step R in place
5&6 cross L over, step R side slightly back, cross L over
7-8 step R forward, 1/2 turn left BW on L

Sec 3 : Push step side R - L - R, pivot turn 1/2 L

1234 Push step R side, Step R together, push step L side, step L together
5678 Push step R side, step R together, Step L forward, 1/2 turn right BW on R

Sec 4 : botafogo L R, cross shuffle, forward, together

1&2 Cross L over, step R side, step L in place
3&4 Cross R over, step L to side, step R in place
5&6 cross L over, step R side slightly back, cross L over
7-8 step R forward, close L together

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