

B O P

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Lucy Aprilina Lo (INA) - February 2021
音樂: Bop - Dan Seals



S 1: TOUCH HEEL- TOE- CHASSE (R - L)

1-2 Dig R heel forward- touch R toe backward
3&4 step R to side- step L together- step R to side
5-6 Dig L heel forward- touch L toe backward
7&8 Step L to side- step R together- step L to side

S 2: CROSS RECOVER CHASSE

1-2 Cross R over L- turn ¼ R ,step L back
3&4 step R to side- step L together- step R to side
5-6 Cross L over R- turn ¼ L, step R back
7&8 step L to side- step R together- step L to side

S 3: SHUFFLE FORWARD R & L- KICK BALL CHANGE

1&2 Step R forward- step L beside R- Step R Forward
3&4 Step L forward- step R beside L- step L forward
5&6 Kick R forward- step R on ball(&)- Step L in place
7&8 Kick R forward- step R on ball(&)- Step L in place

S 4: ROCK- RECOVER-1/4 TURN R- CHASSE - KICK FORWARD & SIDE- COASTER STEP

1-2 Step R forward- Recover on L- turn ¼ R,
3&4 Step R to side- step L together- step R to side
5-6 Kick Lf diagonal forward to Right- kick Lf diagonal forward to Left
7&8 Step L back- step R together- step L forward

***3 times restart:

Restart On wall 4 after 28 c with change step Facing 12.00

*On S4- 1-4 : Step R forward- recover on L- turn ¼ R ,step R to side - step L together

*On wall 5: after 16 c (instrumental music) facing 12.00

*On wall 12: after 24 c, facing 6.00

Lets dance together!! Have fun!!

Contact: lucie2704@gmail.com