

Bed

拍數: 32 牆數: 4 級數: Newcomer - Funky
編舞者: Paul Steinborn (DE), Lisa Altenkirch (DE) & Emma Ruhnau (DE) - May 2021
音樂: Bed (feat. Joel Correy & Raye) - David Guetta



Section 1 - Side-Behind-Side/Heel/Chest Pop/Step together/Cross Over/½ Turn L/Kick R/ Kick L

1, 2 & Step side on R, Cross behind on L, Step side on R
3 & 4 & Touch L heel diagonal forward, bring chest to front, bring chest back to centre
5, 6 Step together, Cross over on R, ½ turn L on both feet
7 & 8 & Kick forward on R, Step together on R, Kick forward on L, Step together on L

Section 2 - Walk R+L/ ¼ Turn L/Jazz Box

1, 2 Step forward on R, Step forward on L
3, 4 ½ Turn L with step back on R, ¼ Turn L with step side on L
5, 6 Cross over on R, Step back on L
7, 8 Step side on R, Step forward on L

Section 3 - Step Side with Hip Roll R+L/Step Back with Heel Grind R+L/Coaster Step/Step Together

1, 2 Step side on R and start hip roll from L to R, finish hip roll on R
3, 4 Step side on L and start hip roll from R to L, finish hip roll on L
5, 6 Step back on R and turn L Toe to L, Step back on L and turn R Toe to R
7 & 8 & Step back on R, Step together on L, Step forward on R, Step together on L

Section 4 - ¼ Turn R with Cross Over/¼ Turn L with Step Forward/Pivot ½ Turn L/Kick-Ball-Change/Jump Out/Jump In

1, 2 ¼ turn R with cross over on R, ¼ turn L with step forward on L
3, 4 Step forward on R, ½ turn on L with step forward on L
5 & 6 Kick forward on R, Step together on R, Step in place on L
7, 8 Jump out on both feet, Jump in on both feet
