

# 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

---