

Banjo Bump

拍數: 32 牆數: 1 級數: Absolute Beginner
編舞者: Sher McIntosh (CAN) - May 2023
音樂: Banjo! (feat. Cowboy Troy) (Remix) - HardNox



NO TAGS, NO RESTARTS

(Arm Motions are Optional but Highly Recommended)

Section 1: 3X Walk FWD RLR Touch L at instep, 4 L Heel Touches FWD without weight, (pump arms up/down to match heel touches)

- 1 – 4 Walk FWD RLR, Touch L Toe at R Instep(on 4 and clap)
- 5 – 8 Touch L Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion up/down)

Section 2: 3X Walk BACK LRL Touch R at instep, 4 R Heel Touches FWD (without weight and pump arms up/down when touching heels fwd)

- 1 - 4 *Walk BACK LRL, Touch R Toe at L Instep(on 4 and clap)
- 5 – 8 Touch R Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion up/down)

(*one time only Singer says go “LOW LOW LOW”, so bend forward when you back up) see demo.

Section 3: RT Basic with L Touch, 4 L Heel Touches FWD (without weight, include pumping arms up/down)

- 1 – 4 R to R, L Tog, R to R, Left Touch at R Instep (on 4 and clap)
- 5 – 8 Touch L Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion up/down)

Section 4: L Basic with Touch, 4 R Heel Touches FWD (without weight and include pumping arms up and down)

- 1 – 4 L to L, R Tog, L to L, Right Touch at L instep(on 4 and clap)
- 5 – 8 Touch R Heel FWD 4 Times (raise & lower without weight, & pump arms up/down to match foot motion),

(3 times Singer says:” UP UP UP”, you would circle your arms overhead instead of pumping them up and down)see demo.

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