

Banjo Bump

COPPER KNOB
BY STEPHEN

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 RT/LT/RT,LT Touch, 4 LT Heel Touches FWD (without weight)

- 1 – 4 Walk FWD RT, LT, RT, Touch LT Toe at RT Instep(on 4 and clap)
- 5 – 8 Touch LT Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion in/out)

Section 2: 3X Walk BACK LT/RT/LT, RT Touch, 4 RT Heel Touches FWD (without weight)

- 1 - 4 Walk BACK LT, RT, LT, Touch RT Toe at LT Instep(on 4 and clap)
- 5 – 8 Touch RT Heel FWD 4 Times (raise & lower without weight, & pump arms to match foot motion in/out)

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

Section 3: RT Basic with LT Touch, 4 LT Heel Touches FWD (without weight)

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

Section 4: LT Basic with Touch, 4 RT Heel Touches FWD (without weight)

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

(3 times Singer says:” UP UP UP”, you would circle your arms overhead instead of in/out)see demo.

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Last Update: 10 May 2023
