Bubblegum Waltz

拍數: 48

級數: Improver

編舞者: Liz Atkinson (USA) - June 2023

音樂: Bubble of My Gum - Durry

12 count intro – Begin with weight on right foot

S1: BASIC FORWARD, COASTER CROSS

- [1] Step LF fwd, [2] step RF beside LF, [3] step LF beside RF 1.2.3
- 4, 5, 6 [4] Step RF back, [5] step LF beside RF, [6] cross RF over LF (12:00)

S2: WEAVE, CROSS, BOUNCING UNWIND

- 1, 2, 3 [1] Step LF to L side, [2] step RF behind LF, [3] step LF to L side
- 4, 5, 6 [4] Cross RF over LF, [5] unwind 1/4L, [6] unwind 1/4L bouncing heels (6:00)

S3: STEP-LOCK-STEP, STEP-LOCK-STEP

- [1] Step LF fwd diagonal, [2] step RF behind LF, [3] step LF fwd diagonal 1, 2, 3
- 4, 5, 6 [4] Step RF fwd diagonal, [5] step LF behind RF, [6] step RF fwd diagonal (6:00)

S4: 1/4L STEP, TOE, BRUSH, FORWARD SHUFFLE

1, 2, 3 [1] Turn 1/4L stepping LF fwd (3:00), [2] touch R toe beside LF, [3] brush RF fwd

4, 5, 6 [4] Step RF fwd, [5] step LF beside RF, [6] step RF fwd (3:00)

S5: STEP, SWEEP, CROSS, BACK 1/8R SIDE

- 1, 2, 3 [1] Step LF fwd, [2,3] sweep RF fwd
- 4, 5, 6 [4] Step RF over LF, [5] step LF back, [6] turn 1/8R stepping RF to R side (4:30)

S6: STEP, SWEEP, CROSS, BACK 1/8R SIDE

- 1, 2, 3 [1] Step LF fwd, [2,3] sweep RF fwd
- 4, 5, 6 [4] Step RF over LF, [5] step LF back, [6] turn 1/8R stepping RF to R side (6:00)

S7: CROSS MAMBO, CROSS MAMBO

- 1, 2, 3 [1] Cross rock LF over RF, [2] recover to RF, [3] step LF beside RF
- 4, 5, 6 [4] Cross rock RF over LF, [5] recover to LF, [6] step RF beside LF (6:00)

S8: JAZZ BOX, TWIST, CENTER

- [1] Cross LF over RF, [2] step RF back, [3] step LF to L side 1, 2, 3
- 4, 5, 6 [4] Step RF fwd, [5] twist both heels to R side, [6] return heels (weight on RF) (6:00)

*TAG: WALTZING BOX- AFTER WALL 2 AND WALL 4 - (each time you return to the front)

1, 2, 3 [1] Turn 1/4R stepping LF to L side (3:00) [2] step RF beside LF [3] step LF beside RF

- 4, 5, 6 [4] Turn 1/4R stepping RF to R side (6:00) [5] step LF beside RF [6] step RF beside LF
- 1, 2, 3 [1] Turn 1/4R stepping LF to L side (9:00) [2] step RF beside LF [3] step LF beside RF
- 4.5.6 [4] Turn 1/4R stepping RF to R side (12:00) [5] step LF beside RF [6] step RF beside LF

*Ending: There is one extra beat at the end of the song: Turning 1/2L, step back on LF to face front

Contact: info@LizAtkinsonDance.com Asheville, NC, USA





牆數:2