

12 Pack

拍數: 32 牆數: 4 級數: Beginner
編舞者: Rosemary Green (UK) - September 2024
音樂: 12-Pack (Dad Bods) - Grant Joseph



Starts on the lyrics "whole", (we spend the whole year)

S1 (1-8), V STEP, 2 R HIP BUMPS, 2 L HIP BUMPS

1-2, step right foot to right corner (1), step left foot to left corner and next to right (2)
3-4, step right foot back (3), close left foot next to right (4)
5&6, hips to right side (5), hips back to centre (&), hips to right side (6)
7&8, hips to left side (7), hips back to centre (&), hips to left side (8)

S2 (9-16), R GRAPEVINE, L GRAPEVINE

1-2, step right foot to right side (1), step left foot behind right foot (2)
3-4, step right foot to right side (3), touch left foot next to right (4)
5-6, step left foot to left side (3), step right foot behind left foot (6)
7-8, step left foot to left side (7), touch right foot next to left (8)

S3 (17-24), R ROCKING CHAIR, R 2 PADDLES 1/8TH

1-2, rock right foot forward (1), recover weight back onto left foot (2)
3-4, rock right foot back (3), recover weight forward onto left foot (4)
5-6, rock right foot forward (5), recover weight onto left foot as you turn an 1/8th (6)
7-8, rock right foot forward (7), recover weight onto left foot as you turn an 1/8th (8)

S4 (25-32), R DIP WITH A HEEL, L DIP WITH A HEEL, HIP ROLL

1-2, dip down and twist with weight onto right foot (1), left heel dig to left side (2)
3-4, dip down and twist with weight onto left foot (3), right heel dig to right side (4)
5-8, hip roll left to right

RESTART-

Wall 6, facing 9 o'clock, after 16 counts (left grapevine)

TAG- 4 Counts

Wall 7, facing 6 o'clock

V STEP

1-2, step right foot to right corner (1), step left foot to left corner and next to right (2)
3-4, step right foot back (3), close left foot next to right (4)

*alternative steps for section 1, counts 5-8

S1 (1-8), V STEP, 2 R HIP BUMPS, 2 L HIP BUMPS

1-2, step right foot to right corner (1), step left foot to left corner and next to right (2)
3-4, step right foot back (3), close left foot next to right (4)
5&6, hips to right side (5), hips back to centre (&), hips to right side (6)
7&8, hips to left side (7), hips back to centre (&), hips to left side (8)

Alternative, R SIDE TOUCH, L SIDE TOUCH

5-6, step right foot to right side (5), touch left foot next to right (6)
7-8, step left foot to left side (6), touch right foot next to left (8)

*alternative steps for section 4, counts 25-32

S4 (25-32), R DIP WITH A HEEL, L DIP WITH A HEEL, HIP ROLL

1-2, dip down and twist with weight onto right foot (1), left heel dig to left side (2)

3-4, dip down and twist with weight onto left foot (3), right heel dig to right side (4)
5-8, hip roll left to right

Alternative, R SIDE, L HEEL DIG, L SIDE, R HEEL DIG, R ROCKING CHAIR

1-2, step right foot to right side (1), dig left heel to left side (2)
3-4, step left foot to left side (3), dig right heel to right side (4)
5-6, rock right foot forward (5), recover weight back onto left foot (6)
7-8, rock right foot back (7), recover weight forward onto left foot (8)
