

Grab Your Balls, We're Going Bowling

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Sandy Kelly (CAN) - October 2024
音樂: Grab Your Balls, We're Going Bowling - The Chardon Polka Band : (iTunes)



Starts on song word "Grab"

TWO LINDYS, To RT, To LT

1&2 Shuffle RLR to RT Side
3-4 Rock back on L behind R, recover Fwd on R
5&6 Shuffle LRL to LT Side
7-8 Rock back on R behind L, recover Fwd on L

SHUFFLE FWD 2X, SHUFFLE BACKWARDS 2X

1&2 Step Fwd on R, Step ball of L next to Rt, Step Fwd on R
3&4 Step Fwd on L, Step ball of R next to Lt, Step Fwd on L
5&6 Step Back on R, Step ball of L next to Rt, Step Back on R
7&8 Step Back on L, Step ball of R, next to Lt, Step Back on L

TRIPLE (cha cha cha), KICK BALL CHANGE 2X RT & LT

1&2 R,L,R in place
3&4 Kick L fwd, Step ball of L next to R (raising R) Step on R next to L
5&6 L, R, L in place
7&8 Kick R fwd, Step ball of R next to L, (raising L) Step on L next to R

STEP PIVOTS, TURN ½ LEFT

1-2-3-4 Step on R, Pivot on L, Step on R, Pivot on L
5-6-7-8 Step on R, Pivot on L, Step on R, Pivot on L

NB 1 Tag after 4 REPEATS---

Two 4 count Vine Touches to Rt, to Lt

1-4 Step RT foot to RT, Step Lt foot behind Rt Step RT foot to RT, Tch LT toe beside Rt
5-8 Step Lt foot to Lt, Step Rt foot behind Lt Step, Step Lt foot to Lt, Tch Rt toe beside Lt