

King Size Bed

拍數: 64 牆數: 2 級數: Beginner / Intermediate
編舞者: Teresa Bouthillier (USA) & Isabel Bouthillier (USA) - November 2024
音樂: King Size Bed - Alec Benjamin



No tags/restarts

[1-8] Side Walks Right and Left

- 1-4 Step right foot out right, step left foot beside right, step right foot out, step left foot beside right.
5-8 Step left foot out left, step right foot beside left, step left foot out left, step right foot beside left. 12:00

[9-16] R Heel, Together, L Heel, Together (x2)

- 1-4 Tap right heel, back together, Tap left heel, back together
5-8 Tap right heel, back together, Tap left heel, back together - 12:00

[17-24] K-Step

- 1,2 Step R forward to R diagonal (1), touch L next to R (2)
3,4 Step L back to L diagonal (3), touch R next to L(4)
5,6 Step R back to R diagonal (5), touch L next to R (6)
7,8 Step L forward to L diagonal, Touch R next to L - 12:00

[25-33] Hop, Hold x 2 (FWD-BACK)

- 1-4 Jump forward feet apart R then Left, jump back feet together R then left
5-8 Jump forward feet apart R then Left, jump back feet together R then left - 12:00

[33- 40] Right, Turn and Shuffle, Left, Turn and Shuffle

- 1-4 Step R foot forward, pivot and turn left half turn shuffle R foot forward, 6:00
5-8 Step L foot forward, pivot and turn right half turn shuffle L foot forward 12:00

[41-48] Right Mambo, Left Mambo

- 1-4 Step R foot forward sway hips and return step right left right
5-8 step L foot forward sway hips and return step left right left - 12:00

[49-56] Toe, Heel, Stomp & Step Sequence

- 1-4 Tap R toe, Tap L heel, step right left right
5-8 Tap L toe, Tap L heal, step left right left - 12:00

[57-64] Push Turn 1/2L

- 1-8 Step right 3 small turns to turn 180 degrees, then step together right and left - 6:00

Start again!

End on wall 7 (facing 12:00)

Last Update - 10 Nov. 2024 - R1