

Papa Bear

拍數: 52 牆數: 2 級數: Beginner
編舞者: Ron Wacker (USA)
音樂: Papa Bear - Keith Harling



LEFT LOCK STEP, RIGHT LOCK STEP

- 1-2 Step left foot forward, step right up along left side of left heel (while bending knees slightly)
- 3-4 Step left foot forward, scuff right foot (while straightening up)
- 5-6 Step right foot forward, step left up along right side of right heel (while bending knees slightly)
- 7-8 Step right foot forward, scuff left foot (while straightening up)

LEFT VINE WITH ½ TURN HITCH, RIGHT VINE

- 1-2 Step left foot to left side, step right foot behind left,
- 3-4 Step left foot ¼ to left, pivot ¼ left on ball of left foot while hitching right leg.
- 5-6 Step right foot to right side, step left foot behind right
- 7-8 Step right foot to right side, step left foot together with right foot (shoulder width apart)

HIP BUMPS & ROLLS

- 1-2 Push left hip out to left side twice
- 3-4 Push right hip out to right side twice,
- 5-8 Rotate hips in circular motion to left

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SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

- 1&2 Shuffle forward left, right, left
- 3-4 Rock forward onto right foot, rock back onto left
- 5&6 Shuffle backward right, left, right
- 7-8 Rock back onto left foot, rock forward onto right

STEP ¼ TURN, STEP ¼ TURN

- 1-2 Step forward on left foot, pivot ¼ turn to your right
- 3-4 Step forward on left foot, pivot ¼ turn to your right

REPEAT
