

# 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

## 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

## 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

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