

Just Bee

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sue MacFarlane (CAN)
音樂: Believe - Kiara Hunter



TOE STRUT, TOE STRUT, SAILOR SHUFFLE, CROSS, HOLD

- 1-2 Touch right toe to the right side, drop heel down and take full weight
- 3-4 Touch left toe to the left side, drop heel down and take full weight
- 5&6 Cross right behind left, step left to the left side, step right to the right side
- 7-8 Cross left over right, hold

KICK BALL CROSS, TAP, TAP, KICK, CROSS, UNWIND ½ TURN, BUMP & BUMP

- 1&2 Kick right forward, step right to the right, cross left over right
- 3&4 Tap right toe behind left foot, tap right toe behind left foot, kick right to the right side
- 5-6 Cross right behind left, unwind ½ turn right weight ending on the right
- 7&8 Bump hips to the left, bump hips to the right, bump hips to the left weight ending on the left

Options: for counts 7&8, you can do hip rolls, be creative

SHUFFLE SIDE, MILITARY PIVOT, SHUFFLE SIDE, ROCK STEP

- 1&2 Step right to the right side, step left beside right, step right to the right side
- 3-4 Step left foot forward, pivot ½ turn right weight ending on the right
- 5&6 Step left to the left side, step right beside left, step left to the left side
- 7-8 Cross right behind left rocking on it, recover weight on the left

TOUCH & TOUCH & TOUCH & TOUCH & STEP, ¼ TURN KICK, STEP, SQUAT

- 1&2& Touch right toe to the right side, step right beside left, touch left toe to the left side, step left beside right
- 3&4& Touch right toe to the right side, step right beside left, touch left toe to the left side, step left beside right
- 5-6 Step forward on the right, pivot ¼ turn right as you kick left to the left side
- 7-8 Step left foot to the side, squat down in a sit position with full weight on the left foot

REPEAT
