

Elf Bop

拍數: 48 牆數: 1 級數: Intermediate
編舞者: Vicki Wenc (USA) & Kay Romero (USA)
音樂: Rockin' This Christmas - The Tractors



SYNCOPATED VINE WITH SYNCOPATED ¼ TURN MONTEREY'S

- 1&2& Cross left foot over right foot, step right foot to right side, cross left foot behind right foot, step right foot to right side
3&4 Cross left foot over right, step right foot to right side, step left foot together
5&6& Touch right toe to right side, bring right foot to center as you turn ¼ right, touch left toe to left side, step left foot together
7&8 Touch right toe to right side, bring right foot to center as you turn ¼ right, touch left toe to left side

SYNCOPATED ¼ TURN MONTEREY'S WITH SYNCOPATED VINE

- &1&2 Step left foot together, touch right toe to right side, bring right foot to center as you turn ¼ right, touch left toe to left side
&3&4 Step left foot together, touch right toe to right side, bring right foot to center as you turn ¼ right, touch left toe to left side
&5&6& Step left foot back behind right foot, cross right foot over left foot, step left foot to left side, step right foot behind left foot, step left foot to left side
7&8 Cross right foot over left foot, step left foot to left side, step right foot together

SYNCOPATED ¼ TURN MONTEREY'S

- 1&2& Touch left toe to left side, bring left foot to center as you turn ¼ turn left, touch right toe to right side, step right foot together
3&4& Touch left toe to left side, bring left foot to center as you turn ¼ turn left, touch right toe to right side, step right foot together
5&6& Touch left toe to left side, bring left foot to center as you turn ¼ turn left, touch right toe to right side, step right foot together
7&8 Touch left toe to left side, bring left foot to center as you turn ¼ turn left, touch right toe to right side

KICK & ROCKS TRAVELING FORWARD

- 1&2& Kick right foot forward, step onto right foot to right side, rock onto left foot to left side rock onto right foot
3&4& Kick left foot forward, step onto left foot to left side, rock onto right foot to right side, rock onto left foot
5&6& Kick right foot forward, step onto right foot to right side, rock onto left foot to left side rock onto right foot
7&8& Kick left foot forward, step onto left foot to left side, rock onto right foot to right side, rock onto left foot to left side

1 / 2 TURN LEFT, STEP, LOCK, STEP, STEP, LOCK, STEP, ROCK, ROCK

- 1-2 Step right foot forward, pivot ½ turn left
3&4 Step right foot forward, lock left foot behind right foot, step right foot forward
5&6 Step left foot forward, lock right foot behind left foot, step left foot forward
7-8 Rock right foot to right side, rock onto left foot to left side

CROSS, UNWIND, KNEE POPS, PUSH & PUSH, STOMP, STOMP, STEP BACK

- 1-2 Cross right foot over left, unwind ½ turn left (weight on right) as you pop left knee forward
3&4 Knee pops - right, left, right, (end with weight on left)

5&6& Step to right on ball of right foot and push, shifting weight back onto left, push onto ball of right foot, shift weight back onto left

7&8 Stomp right together, stomp left together, rock back on right foot as you lift left knee up,

REPEAT
