

Doo Dah Bop

拍數: 32 牆數: 4 級數: Improver
編舞者: Jan Barrus (USA)
音樂: Doodah - Cartoons



SHUFFLE FORWARD, ¼ TURN WITH KICK, COASTER STEP, SHUFFLE FORWARD

1&2 Shuffle forward right, left, right
3-4 Step left foot forward, ¼ turn right while kicking right foot forward
5&6 Step right foot back, step left foot next to right, step right foot forward
7&8 Shuffle forward left, right, left

ROCK FORWARD & BACK, STEP, HEEL, STEP, HEEL, STEP, HEEL

1-2 Rock forward on right foot, rock back on left foot
3-4 Step right foot back, touch left heel forward
5-6 Step left foot back, touch right heel forward
7-8 Step right foot back, touch left heel forward

Counts 3-8 for styling, bend arms at elbows and bring them up by your shoulders as you step back and then push them down by your hips and snap fingers when you touch heels forward)

ROCK, RETURN, BEHIND & CROSS, ROCK, RETURN, BEHIND & CROSS

1-2 Rock left foot to left side, return weight to right foot
3&4 Step left foot behind right, step right foot to right side, cross left foot over right
5-6 Rock right foot to right side, return weight to left foot
7&8 Step right foot behind left, step left foot to left side, cross right foot over left

STEP FORWARD, ½ PIVOT, SHUFFLE, SWIVEL STEPS

1-2 Step left foot forward, ½ turn right replacing weight on right foot
3&4 Shuffle forward left, right, left
5 Knees bent, swivel on ball of left foot, step right foot forward to right side with right toe out
6 Knees bent, swivel on ball of right foot, step left foot forward to left side with left toe out
7 Knees bent, swivel on ball of left foot, step right foot forward to right side with right toe out
8 Small step forward with left foot, legs straight

For styling on counts 5 - 8 with arms at both sides, hold arms out just slightly by your side and spread fingers open and flick hands back and forth)

REPEAT