

Down Boy

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Kim Swan (UK)
音樂: Down Boy - Holly Valance



Sequence: AA, BB, AA, BB, AA, BB, AA (End Of Dance)

PART A

ROCK FORWARD AND BACK, CROSS, UNWIND, BODY ROLL

- 1-2 Rock forward onto right, recover weight onto left
- 3-4 Rock back onto right, recover weight onto left
- 5-6 Cross right over left, unwind making ½ turn to left
- 7-8 Two count body roll from knees up, start with bending both knees and rolling up

BUMP HIPS FORWARD TO RIGHT, BUMP HIPS FORWARD TO LEFT

- 1-4 Step forward on right, bumping hips right, left, right
- 5-8 Step forward on left, bumping hips left, right, left

¼ TURN JAZZ BOX, SHIMMY TO RIGHT

- 1-2 Cross right over left, step back on left
- 3-4 Step right to right side making ¼ turn right, step left in place
- 5-7 Large step right to right side, shimmying shoulders (over 3 counts),
- 8 Step left next to right

SHIMMY TO RIGHT, ROLLING FULL TURN LEFT

- 1-3 Large step right to right side, shimmying shoulders (over 3 counts)
- 4 Touch left next to right
- 5-6 Step left ¼ turn left, on ball of left make ½ turn left stepping back on right
- 7-8 On ball of right make ¼ turn left, stepping left to left side, touch right beside left

PART B

SCOOT, SCOOT, TRIPLE STEP, SCOOT, SCOOT, TRIPLE STEP

- 1-2 Scoot (or hop) backwards twice on left with right knee hitched
- 3&4 Triple step in place, stepping right, left, right
- 5-6 Scoot (or hop) backwards twice on right with left knee hitched
- 7&8 Triple step in place, stepping left, right, left

ROCK, RECOVER, TRIPLE ½ TURN, ROCK, RECOVER, COASTER

- 1-2 Rock forward on right, recover weight onto left
- 3&4 Triple step making ½ turn right, stepping right, left, right
- 5-6 Rock forward on left, recover weight onto right
- 7&8 Step back on left, step right in place, step forward on left

CROSS, ¼ TURN RIGHT, RIGHT SHUFFLE BACK, CROSS, STEP, SAILOR

- 1-2 Cross right over left, step left to left side making ¼ turn right
- 3&4 Right shuffle back, stepping right, left, right
- 5-6 Cross left over right, step right to right side
- 7& With body turning slightly to left, step left behind right, step right to right,
- 8 Step left in place

CROSS, STEP, SAILOR, JUMP FORWARD, BODY ROLL

- 1-2 Cross right over left, step left to left side

3& With body turning slightly to right, step right behind left, step left to left,
4 Step right in place
5-6 Jump forward left, right
7&8 Body roll for two counts
