Cruel Bear

拍數: 48

級數: Improver

編舞者: Rachael McEnaney (USA)

音樂: Don't Be Cruel/Teddy Bear - John Dean

ROCK FORWARD AND BACK, JUMP OUT, POP RIGHT KNEE, POP LEFT KNEE, HOLD

- 1-2 Rock forward on right, replace weight onto left
- 3-4 Rock back on right, replace weight onto left
- &5 Step right foot to right, step left foot to left (shoulder width apart)
- 6-7 Pop right knee in towards left, pop left knee in towards right as you straighten right knee8 Hold

GRAPEVINE LEFT WITH ¼ TURN LEFT, BRUSH RIGHT, STOMP RIGHT, TWIST RIGHT, LEFT, KICK RIGHT

- 9-10 Step left foot to left, cross right foot behind
- 11-12 Step left foot to left making ¼ turn left, brush right foot forward
- 13-14 Stomp right foot forward, twist both heels to right
- 15-16 Twist both heels back to center, kick right foot forward

STEP BACK RIGHT, KICK LEFT, BACK LEFT, KICK RIGHT, RIGHT COASTER STEP, TOUCH LEFT

- 17-18 Step back on right, kick left foot forward
- 19-20 Step back on left, kick right foot forward
- 21-22 Step back on right, step left next to right
- 23-24 Step forward on right, touch left foot to left side

LEFT CROSS, TOUCH RIGHT, RIGHT CROSS, TOUCH LEFT, SYNCOPATED JAZZ BOX WITH ¼ TURN

- 25-26 Cross left over right, touch right foot to right side
- 27-28 Cross right over left, touch left foot to left side
- 29-30 Cross left over right, step back on right starting ¼ turn left
- &31 Step left foot to left side finishing ¼ turn left, touch right foot beside left
- 32 Clap hands

STEP DIAGONAL FORWARD RIGHT, TOUCH LEFT, STEP DIAGONAL BACK LEFT, TOUCH RIGHT, 2 STEPS BACK RIGHT

- 33-34 Step forward on right to right diagonal, touch left next to right and clap hands
- 35-36 Step back on left to left diagonal, touch right next to left and clap hands
- 37-38 Step back on right to right diagonal, step left next to right
- 39-40 Step back on right to right diagonal, touch left next to right and clap hands

STEP DIAGONAL BACK LEFT, TOUCH RIGHT, STEP DIAGONAL FORWARD RIGHT, TOUCH LEFT, 2 STEPS FORWARD LEFT

- 41-42 Step back on left to left diagonal, touch right next to left and clap hands
- 43-44 Step forward on right to right diagonal, touch left next to right and clap hands
- 45-46 Step forward on left to left diagonal, step right next to left
- 47-48 Step forward on left to left diagonal, touch right next to left and clap hands

REPEAT





牆數:2