

Bus Stop

拍數: 32 牆數: 4 級數: Beginner
編舞者: Unknown
音樂: Get Up, Get Down, Get Funky, Get Loose - Teddy Pendergrass



- 1-4 Jump forward with your hands in the air, pointing your finger toward the sky, and shake your body four beats (or one beat for jump and shake 3 beats)
- 5-8 Jump back with your hands pointing to the ground, and shake your body four beats (or one beat for jump and shake 3 beats). I tell them to bend forward while they do this.
- 9-12 Lean to the right and pretend you're hitchhiking with your thumb (I suggest they turn just a little to the left as they lean to the right and put a lot of movement in their arm and hips ("make it sexy if you want to get picked up"))
- 13-16 Reverse and do the hitchhike to the left
- This is the hardest part of the dance**
- 17-20 Right forward rock step and right shuffle (step forward on your right foot and back on your left foot. Do a right triple step (right-left-right))
- 21-24 Left forward rock step and left shuffle
- 25-32 Weight is on left foot after left shuffle. Turn $\frac{1}{4}$ to the left as you step backward on your right foot (that's count 25) and simply walk backward seven more steps (that's a total of eight steps backward)

REPEAT
