

Bye Bye Bye

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Angela Bacon (USA)
音樂: Bye, Bye, Bye - *NSYNC



Sequence: AB, Tag, AB, Tag, CB, End

Dance Starts 16 counts after they sing "Bye, Bye, Bye" in the introduction.

PART A

RIGHT KICK-STEP, LUNGE RIGHT-LEFT, TOE TOUCHES WITH CROSS

- 1&2 Kick right foot forward, bend right knee bringing foot in, step right foot to right side
3&4 Bend right knee lunging to right side, straighten legs, bend left knee lunging to left (weight on left)
5&6 Swivel heels to right and touch right toe back to right on a 45 degree angle, as you swivel heels to center bring right knee up, step right foot over left
7&8 Swivel heels to left and touch left toe back to left on a 45 degree angle, as you swivel heels to center bring left knee up, step left foot over right

BASKETBALL PIVOTS, BRUSH STEP, BODY ROLL TO THE LEFT

- 1&2 Pivot ¼ turn to left on ball of left foot and touch right toe to right side, pivot ½ turn to right on ball of left foot, step on right foot with feet shoulder width apart
3&4 Pivot ½ turn to right on ball of right foot and touch left toe to left side, pivot ½ turn left on ball of right foot, turn ¼ left on ball of right foot and place weight on left foot (facing original wall)
5&6 Brush right foot forward, bend right knee slightly, step right foot to right side with feet shoulder width apart
7-8 Body roll to the left

KICK-CROSS-STEP, SIT & UP, SHUFFLE ACROSS, STEP,STEP

- 1&2 Kick right foot forward angling body 1/8 turn to left, step right foot over left, step back on left foot (feet are shoulder width)
3&4 Bend knees, as you straighten legs slightly bring hips forward slightly, straighten legs (weight on left)

Styling: on counts 3&4, place hand on thighs

- 5&6 As you turn 1/8 to left cross right foot over left, step left to left side, cross right foot over left
7-8 Turn ¼ turn to left and step left, right (weight on right)

ROCK & RECOVER, WALK,WALK, ROCK & TURN, STEP, CROSS

- 1&2 Rock forward onto left foot, step back on right foot, step left foot next to right (weight on left)
3-4 Walk forward right, left
5&6 Rock forward onto right foot, step back on left foot, turn ½ right and step right foot forward
7-8 Step left foot forward, step right foot over left

UNWIND, SIDE-ROCK-STEP, OUT & KICK (2X)

- 1-2 On ball of left foot, unwind full turn left (weight on left)
3&4 Step right foot to right side leaning slightly to right, step on left foot in place, step right foot next to left
5&6& Jump feet apart to shoulder width, jump feet together, kick left foot forward, step left foot in place
7&8& Jump feet apart to shoulder width, jump feet together, kick right foot forward, step right foot in place (weight on left)

Styling: on counts 5-8, hands should be in fists. Bring them out slightly as you jump out and punch forward as you kick.

BACK RIGHT,LEFT, ROCK & STEP, BEND & BACK, PUNCH ACROSS & DOWN

- 1-2 Step back right, left
- 3&4 Rock back onto right foot, rock forward on left foot, step right foot next to left
- 5&6 Bend knees, straighten knees and lean to right and slightly back, throw head back slightly
- 7&8 Punch right fist across chest to left, bring right arm across chest to right (elbow is bent), punch right fist down to right side

PART B

KICK & TOUCH & TOUCH & TOUCH, KICK & TOUCH & TOUCH & TOUCH

- 1&2 Kick right foot forward, step right foot next to left, touch left toe to left side
- &3&4 Step left foot next to right, touch right toe to right side, step right foot next to left, touch left toe to left side
- 5&6 Kick left foot forward, step left foot next to right, touch right toe to right side
- &7&8 Step right foot next to left, touch left toe to left side, step left foot next to right, touch right toe to right side (weight on left)

Styling: hands should be in fists. Punch forward as you kick and out to side as you do toe touches

BACK RIGHT,LEFT, ROCK & STEP, CLAP-CLAP-DOWN, SHOULDERS UP

- 1-2 Step back right, left
- 3&4 Rock back onto right foot, rock forward on left foot, step right foot next to left (feet should be shoulder width apart)
- 5&6 Clap hands twice, bends knees and place hands on thighs
- 7&8 Straighten legs gradually as you raise shoulders left-right-left

KICK & TOUCH & TOUCH & TOUCH, KICK & TOUCH & TOUCH & TOUCH

- 1&2 Kick right foot forward, step right foot next to left, touch left toe to left side
- &3&4 Step left foot next to right, touch right toe to right side, step right foot next to left, touch left toe to left side
- 5&6 Kick left foot forward, step left foot next to right touch right toe to right side
- &7&8 Step right foot next to left, touch left toe to left side, step left foot next to right, touch right toe to right side (weight on left)

Styling: hands should be in fists. Punch forward as you kick and out to side as you do toe touches

BACK RIGHT,LEFT, ROCK & STEP, CLAP-CLAP-DOWN, SHOULDERS UP

- 1-2 Step back right, left
- 3&4 Rock back onto right foot, rock forward on left foot, step right foot next to left (feet should be shoulder width apart.)
- 5&6 Clap hands twice, bends knees and place hands on thighs
- 7&8 Straighten legs gradually as you raise shoulders left-right-left

PART C

MODIFIED SHUFFLES FORWARD, ROGER RABBITS BACK

- &1&2 Raise right knee, step right foot over left, rock onto left foot, rock forward on right foot (weight on right)
- &3&4 Raise left knee, step left foot over right, rock onto right foot, rock forward on left foot (weight on left)
- &5 Scoot left foot back while kicking right foot straight back, hook right foot behind left (put weight on right)
- &6 Scoot right foot back while kicking left foot straight back, hook left foot behind right (put weight on left)
- &7&8 Scoot left foot back while kicking right foot straight back, hook right foot behind left, step forward on left, back on right

Styling: on counts 1-4, arms should be bent at sides. As you raise your knee raise arm slightly, drop arms slightly as you step down.

MODIFIED SHUFFLES FORWARD, ROGER RABBITS BACK

- &1&2 Raise left knee, step left foot over right, rock onto right foot, rock forward on left foot (weight on left)
- &3&4 Raise right knee, step right foot over left, rock onto left foot, rock forward on right foot (weight on right)
- &5 Scoot right foot back while kicking left foot straight back, hook left foot behind right (put weight on left)
- &6 Scoot left foot back while kicking right foot straight back, hook right foot behind left (put weight on right)
- &7&8 Scoot right foot back while kicking left foot straight back, hook left foot behind right, step forward on right, back on left

Styling: on counts 1-4, arms should be bent at sides. As you raise your knee raise arm slightly, drop arms slightly as you step down.

CROSS, HOLD, ROCK, ROCK, CROSS, HOLD, ROCK, ROCK

- 1-2 Cross right foot over left, hold (weight on right)
- 3-4 Rock weight to left foot, then right foot (weight on right)
- 5-6 Cross left foot over right, hold (weight on left)
- 7-8 Rock weight to right foot, then left foot (weight on left)

Styling: as you step across, hands should be palms down. Fan them out slightly on the holds

CROSS, HOLD, ROCK, ROCK, WALK, WALK, OUT, TOES, HEELS

- 1-2 Cross right foot over left, hold (weight on right)
- 3-4 Rock weight to left foot, then right foot (weight on right)
- 5-6 Turning ½ turn to left walk forward left, right (5, 6)
- 7&8 Step left foot to left side, swivel toes to center, swivel heels to center

Styling: on counts 1-4, as you step across, hands should be palms down. Fan them out slightly on the holds

WALK, WALK, TAP-SCOOT-STEP, TOE TOUCHES

- 1-2 Walk forward right, left
- 3&4 Tap right toe behind left heel, scoot back on left foot, step back on right foot (weight on right)
- 5&6 Touch left toe to left side, step left foot next to right, touch right toe to right side
- &7&8 Step right foot next to left, touch left toe to left side, bring left knee across right leg, touch left toe to left side (weight on right)

PENCIL TURN, SIDE-ROCK-STEP, KICK, TURN, SLIDE

- 1-2 Slide left foot in as you pivot 1 full turn to left on ball of right foot (weight on left)
- 3&4 Step right foot to right side leaning slightly to right, step on left foot in place, step right foot in front of left (weight on right)
- 5-6 Kick left foot forward, pivot ½ turn to left on ball of right foot and step left foot forward with knees slightly bent (weight on left)
- 7-8 Slide right foot up next to left (weight on left)

TAG

- 1-2 Step right foot to right, touch left next to right
- 3-4 Step left foot to left, touch right next to left

END

Dance will end with Part B. Once you have completed B, keep hands on thighs and swivel toes out and in, bowing head as toes come in to end dance.
