

Bring It On

拍數: 64 牆數: 0 級數:
編舞者: Ed Regnier
音樂: Bring On the Teardrops - Boy Howdy



RIGHT STEP WITH KNEE TWIST

- 1 Touch right toe to right side pointing knee into left knee
- 2 Take weight on right foot twisting right knee straight and touch left toe next to right
- 3-4 Repeat counts 1-2

HEEL JACK WITH ½ TURN, HIP BUMPS

- &5 Step back on left foot, touch right heel forward taking weight on right
- 6 Pivot ½ turn left on right heel sliding left foot next to right
- 7&8 Bump hips to right side, bump hips to left side, bump hips to right side

KICK BALL HEEL CROSS, SHAKE LEFT, CLAP

- 1&2 Kick left foot forward, step left foot next to right, step right heel across left
- 3&4 Kick right foot forward, step right foot next to left, step left heel across right
- 5-8 Step left foot to left side, slide right foot next to left while leaning forward shaking shoulders for two counts, clap

HITCH SLIDE RIGHT, MONTEREY TURN LEFT

- 1&2 Hitch right knee across left leg, step right foot to right side, slide left foot next to right
- 3&4 Repeat steps 1&2
- 5-8 Touch left toe to left side, pivot ½ turn left on ball of right foot taking weight on left, touch right toe to right side, step right foot next to left

HITCH SLIDE, LEFT, MONTEREY TURN RIGHT

- 1&2 Hitch left knee across right leg, touch left foot to left side, slide right foot next to left
- 3&4 Repeat steps 1&2
- 5-8 Touch right toe to right side, pivot ½ turn right on ball of left foot taking weight on right, touch left toe to left side, step left next to right

ROLLING VINE 1-½ TURN LEFT

- 1-2 Step left foot to left ¼ turn, step right foot beside left finishing a ½ turn to the left
- 3 Turn ½ left turning on ball of right foot and stepping down on left
- 4 Turn ½ turn left turning on ball of left foot touching right toe next to left (weight ends on left)

SLIDE TOUCH BACK

- &5 Slide left foot back while lifting right up, touch ball of right foot down taking weight on right
- &6 Slide right foot back while lifting left up, touch ball of left foot down taking weight on left
- &7&8 Repeat steps &5&6

POINT HOLD, KICK BALL STEP, WALK ¼ TURN RIGHT

- 1-2 Touch right toe to right side, hold for count 2
- &3-4 Step right foot beside left, touch left toe to left side, hold for count 4
- 5&6 Kick left foot forward, step left foot next to right, step right foot forward
- 7-8 Step left foot forward turning a ¼ turn to right, touch right toe next to left

RIGHT SHUFFLE, ½ TURN LEFT, TOUCH

- 1&2 Step right foot to right side, step left foot next to right, step right foot to right side
- 3-4 Turn a ½ turn left turning on ball of right foot, touch right toe next to left (weight is on left)

KICK BALL TOUCH, KICK BALL STEP

5&6 Kick right foot forward, step right foot next to left, touch left toe to left side

7&8 Kick left foot forward, step left foot next to right, step right foot forward

TWISTER WALK 45 DEGREES FORWARD, BODY ROLL

1 Step 45 degrees forward to the right on ball of left foot turning left toe in toward right foot

2 Step 45 degrees forward to the right on ball of right foot turning right toe in toward left foot

3-4 Repeat steps 1-2

5 Step left foot forward

6-8 Three-count body roll forward (weight ends on left foot)

REPEAT
