

Bug A Boo

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lisa B. Martin
音樂: Bug a Boo - Destiny's Child



POINT & POINT & KICK BALL CHANGE, WALK, WALK, ROCK ½ TURN

1&2 Point right to right side, step right beside left, point left to left side
& Step left beside right
3&4 Kick right foot forward, step right beside left, step forward on left
5-6 Walk forward right, left
7&8 Rock forward on right recover on left, make a ½ turn right step forward on right

POINT, TOUCH, SIDE SHUFFLE, SIDE ROCK, POINT PIVOT ¼ TURN

1-2 Point left to left side, touch left beside right
3&4 Step left to left side, step right beside left, step left to left side
5-6 Rock right to right side, recover on left
7-8 Point right foot back, pivot ¼ turn right on ball of right, weight should then be on left foot

MAMBO FORWARD, SIDE ROCK & CROSS, POINT & POINT, CROSS SHUFFLE

1&2 Rock for onto right, recover on left, step right beside left
3&4 Rock left to left side, recover on right, cross left over right
5& Point right to right side, step right beside left
6& Point left to left side, step left beside right
7&8 Cross right over left, step left to left side, cross right over left

STEP BACK CROSS, LOCK STEP BACK, COASTER STEP, ¾ TURN

1-2 Step back on left, cross right foot in front of left
3&4 Step back on left, cross right foot in front of left, step back on left
5&6 Step back on right, step left beside right, step forward on right
7-8 Make a ¼ turn stepping forward on your left foot, make a ½ turn right stepping to right side

LEFT JAZZ BOX, SHUFFLE FORWARD, STEP TOUCH

1-2 Cross left over right, step right back
3-4 Step left to left side, step right together
5&6 Step forward on left, step right beside left, step forward on left
7-8 Step forward on right, touch left behind right

STEP OUT OUT, HIP, HIP, COASTER STEP, SLIDE

1-2 Step left to left side, step right to right side
3-4 Hip left, hip right
5&6 Step left foot back, step right beside left, step forward on left
7-8 Slide to the right dragging left foot beside right

TWICE BODY ROLL, HIP SHAKES

1-2 Perform a body roll down to the left diagonal
3&4 Shake hips right, left, right
5-6 Perform a body roll down to the right diagonal
7&8 Shake hips left, right, left

SAILOR STEP ¼, WALK, WALK, WALKS & SHIMMIES, & CROSS UNWIND ½

1&2 Step right behind left, step left to left side, step right a ¼ turn right

- 3-4 Walk forward left, right
- 5-6 Walk forward left, right, at the same time shimmy your upper part of your body
- &7 Step on to left foot, cross right foot over left
- 8 Unwind $\frac{1}{2}$ turn left, you should finish with the weight on your left

REPEAT
