

Bop

拍數: 72 牆數: 0 級數:
編舞者: Brenda Hancock (CAN)
音樂: Bop - Dan Seals



(WALK RIGHT, LEFT, RIGHT, TOUCH LEFT/STEP LEFT, RIGHT BACK/LEFT COASTER BACK)

1-6 Walk forward right, left, right, touch left beside right, walk back left, right
7&8 Left coaster step back (step left back, step right beside left, step left forward)

1-6 Walk forward right, left, right, touch left beside right, walk back left, right
7&8 Left coaster step back (step left back, step right beside left, step left forward)

(LINDY RIGHT, LEFT /ROCK RECOVER/PIVOT ½ TURN LEFT

1&2-3&4-5-6 Lindy right (right, left, right), lindy left (left, right, left) rock back on right, recover to left
7-8 Step right forward, pivot ½ turn left (shift weight to left foot)

(TRIPLE STEPS FORWARD RIGHT, LEFT/ROCK, RECOVER/TURN ½ RIGHT)

1&2-3&4 Right triple step forward (right, left, right), left triple step forward (left, right, left)
5-6 Rock forward on right foot, recover to left foot
7 Swivel ½ turn right on ball of left foot and step on the right foot
8 Step left beside right foot

1&2-3&4 Right triple step forward, left triple step forward
5-6 Rock forward on right foot, recover to left foot
7 Swivel ½ turn right on ball of left foot and step on the right foot
8 Step left beside right foot

(LINDY RIGHT, LEFT/ROCK, RECOVER/ RIGHT KICK/BALL/CHANGE)

1&2-3&4-5-6 Lindy right (right, left, right), lindy left (left, right, left) rock back on right, recover to left
7&8 Right kick/ball/change

(RIGHT TRIPLE STEP FORWARD TURNING ½ TURN RIGHT/LINDY, LEFT/ROCK,RECOVER/RIGHT KICK/BALL/CHANGE)

1&2 Right triple step (right, left, right) forward turning ½ turn right
3&4-5-6 Lindy left (left, right, left), rock right back, recover to left
7&8 Right kick/ball/change

1&2 Right triple step (right, left, right) forward turning ½ turn right
3&4-5-6 Lindy left (left, right, left), rock right back, recover to left
7&8 Right kick/ball/change

(RIGHT, LEFT TRIPLE STEPS FORWARD/PIVOT ¼ TURN LEFT/STEP/HOLD)

1&2-3&4 Right triple step (right, left, right) forward, left triple step (left, right, left) forward
5-6 Step right forward, pivot ¼ turn left (shift weight to left foot)
7-8 Step right beside left, hold

REPEAT