

Bop 'til You Drop

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK)
音樂: Ten Rounds With Jose Cuervo - Tracy Byrd



STEP FORWARD RIGHT & LEFT, ½ TURN LEFT, RIGHT SHUFFLE BACK, LEFT ROCK & RECOVER, LEFT SHUFFLE FORWARD

1-2 Step right foot forward, step left foot forward
3&4 ½ turn left step back on right foot, step left foot next to right, step right foot back
5-6 Rock step back on left foot, recover on right foot
7&8 Step left foot forward, step right foot next to right foot, step left foot forward

RIGHT KICK BALL STEP, APPLEJACK, RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER

1&2 Kick right foot forward, step right foot in place, step left foot next to right (feet slightly apart)
&3 With weight on ball of right foot and heel of left foot, turn right heel in and left toes out

Both the heel and the toes are raised off the ground

Transfer weight to both feet

& With weight on ball of left foot and heel of right foot, turn left heel in and right toes out (both the heel and toes are raised off the ground)
4 Bring both feet back to center (weight on left foot)
5&6 Step right foot to right side, step left foot next to right, step right foot to right side
7-8 Rock step back on left foot, recover weight on right

You can replace the applejacks with either heel swivels or swivets

FULL TURN LEFT, 3 STEP TURN, BRUSH RIGHT, RIGHT JAZZ BOX

1-2 ¼ turn left, step left foot forward, ¼ turn left, step right foot to right side
3-4 ½ turn left, step left foot to left side, brush right foot forward next to left
5-6 Cross step right foot over left, step left foot back and to the left
7-8 Step right foot to right side, step left foot forward

RIGHT SIDE ROCK & RECOVER, RIGHT CROSS SHUFFLE, LEFT SIDE ROCK & RECOVER, LEFT CROSS SHUFFLE

1-2 Rock right foot to right side, recover weight on left
3&4 Moving forward on the left diagonal - cross step right foot over left, step left foot next to right, cross step right foot over left
5-6 Rock left foot to left side, recover weight on right
7&8 Moving forward on the right diagonal - cross step left foot over right, step right foot next to left, cross step left foot over right

VINE RIGHT 2, ¼ TURN LEFT, LEFT HEEL JACK, CROSS RIGHT OVER LEFT, VINE LEFT 2, RIGHT HEEL JACK, CROSS LEFT OVER RIGHT

1-2 Step right foot to right side, cross step left behind right
&3&4 ¼ turn left, step right foot back, dig left heel forward, step left foot back slightly and to the left, cross step right over left
5-6 Step left foot to left side, cross step right behind left
&7&8 Step left foot back, dig right heel forward, step right foot back slightly and to the right, cross step left over right

SIDE SHUFFLE, ½ TURN LEFT STEP LEFT, RIGHT CROSS ROCK & RECOVER, STEP RIGHT TO RIGHT SIDE, LEFT CROSS SHUFFLE

1&2 Step right foot to right side, step left foot next to right, step right foot to right side
3 ½ turn left, step left foot to left side

- 4-5 Cross rock right foot over left, recover weight on left
- 6 Step right foot to right side
- 7&8 Cross step left foot over right, step right foot to right side, cross step left foot over right

RIGHT SIDE ROCK, ¼ TURN LEFT & RECOVER, ½ TURN LEFT SYNCOPATED PIVOT, LEFT SIDE ROCK & RECOVER, ½ TURN RIGHT SYNCOPATED PIVOT

- 1-2 Rock right foot out to right side, ¼ turn left recover weight on left
- 3&4 Step right foot forward, ½ turn left, step left foot forward, step right foot next to left
- 5-6 Rock left foot out to left side, recover weight on right
- 7&8 Step left foot forward, ½ turn right, step right foot forward, step left foot forward

ROCK RIGHT FORWARD ROCK & RECOVER, RIGHT COASTER STEP, LEFT FORWARD ROCK & RECOVER, ¼ LEFT, LEFT SAILOR STEP

- 1-2 Rock right foot forward, recover weight on left
- 3&4 Step right foot back, step left foot next to right, step right foot forward
- 5-6 Rock left foot forward, recover weight on right
- 7&8 Cross step left behind right, ¼ turn left, step right foot slightly back, step left foot forward

REPEAT

When dancing to "Ten Rounds With Jose Cuervo" by Tracy Byrd, start after 1st 16 counts (before vocals), then do the following during the 4th wall of the dance. After the 1st 56 counts there will be a 4 count hold (which you will hear in the music). Continue the dance again from count 57 after the hold

When using Westlife add the following tags

TAG 1

Facing back wall for the 1st time (end of 2nd wall)

- 1-4 Walk forward right, left, right, kick left
- 5-8 Walk back left, right, left, touch right

TAG 2

Facing front wall again (end of 4th wall)

- 1-2 Walk forward right, kick left
 - 3-4 Walk back left, touch right
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