

Bop

拍數: 32 牆數: 4 級數: Improver
編舞者: Lestyn Gilmore (USA)
音樂: For a Change - Neal McCoy



RIGHT AND LEFT-SIDE SHUFFLES, RIGHT ROLLING VINE WITH SWAY/HOLD

1&2 Side shuffle to the right (right-left-right)
3-4 Side shuffle to the left (left-right-left)
5-6 Step $\frac{1}{4}$ turn right on right foot; pivot $\frac{1}{4}$ turn right on right and step left on left foot
7-8 Pivot $\frac{1}{2}$ turn to the right on left foot and sway right on right; hold the count

SWAY LEFT, SWAY RIGHT, LEFT ROLLING VINE WITH TOUCH

9-10 Sway to the left; hold the count
11-12 Sway to the right; hold the count
13-16 Full rolling turn to the left; touch right foot next to left

BACKWARD SHUFFLES, KICK-BALL-CHANGE, SYNCOPATED OUT-OUT, IN-IN

17&18 Shuffle back (right-left-right)
19&20 Shuffle back (left-right-left)
21&22 Right kick ball change
&23 Step out to right on right foot; step out to left on left foot
&24 Step home on right foot; step home on left foot

FORWARD SHUFFLES, $\frac{3}{4}$ TURN BACK (MODIFIED BACK-TURNING VINE), STEPS IN PLACE

25-26 Shuffle forward (right-left-right)
27-28 Shuffle forward (left-right-left)
29-30 Step back $\frac{1}{4}$ turn right on right foot; pivot $\frac{1}{2}$ turn to right on right foot
31-32 Step right foot in place; step left foot in place

REPEAT
