

Bop To Be

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Allan Burr (AUS)
音樂: Bop to Be - Billy Swan



TWIST, TWIST, BACK, HOOK, FORWARD, LOCK, FORWARD, HOLD

1-2 Twist both heels right, twist both heels to center taking weight on left
3-4 Step right back, hook left heel across right shin
5-6 Step left forward, lock right behind left
7-8 Step left forward, hold

HEEL, HOOK, FORWARD, TOGETHER, FORWARD, BOUNCE ¼ LEFT

1-2 Touch right heel forward, hook right heel across left shin
3-4-5 Step right forward, step left together, step right forward
6-7-8 Turning ¼ left bounce both heels for 3 beats ending with weight on right (9:00)

VINE ¼ LEFT WITH HITCH, VINE BACK WITH ¼ HITCH

1-4 Step left to left side, step right behind left, turn ¼ left step left forward, hitch right knee (6:00)
5-8 Step right back, step left together, step right back, turn ¼ left on right foot hitching left knee (3:00)

SIDE, ROCK, BEHIND, SIDE, ROCK, BEHIND, SIDE, HOLD

1-2 Step left to left side, rock onto right
3-4 Step left behind right, step right to right side
5-6 Rock onto left, step right behind left
7-8 Step left to left side, hold

MODIFIED MONTEREY: TOUCH SIDE, HITCH ACROSS, TOUCH SIDE, ½ TURN, TOUCH SIDE, HITCH FORWARD, BACK, ROCK

1-2 Touch right toe to right side, hitch right knee across left
3-4 Touch right toe to right side, turn ½ right stepping right together (9:00)
5-6 Touch left toe to left side, hitch left knee forward
7-8 Step left back, rock forward onto right

FORWARD, FORWARD, BOUNCE, BACK, ROCK, TOGETHER, BOUNCE, BOUNCE

1-2 Step left slightly forward, step right slightly forward weight is now on both feet
3 Bounce both heels once
4-5-6 Step right back, rock forward onto left, step right together
7-8 Bounce both heels twice (9:00)

REPEAT