

B.J's Traction

拍數: 68 牆數: 1 級數: Intermediate
編舞者: Bubs Jewell (AUS)
音樂: A Heart With 4 Wheel Drive - 4 Runner



This dance is dedicated to the late Betty Day whom with Judy Merefield won 2nd place Golden section, Sunshine Classics 97

Though this dance has a quantity of repetition it is a challenge to all levels who attempt it due to difference in standard steps.

RHONDO`, ROCK STEP, COASTER STEP

1-3 Touch left toe back sweep left toe ½ circle forward to front
4 Touch left toe beside right
5-6 Rock forward onto left, step right in place
7-8 Step left back, step right beside left, step left forward

HIP WALKS

9&10 Step right forward, bump hips to right twice
11&12 Step left forward, bump hips to left twice
13-16 Repeat this 4 count section

RHONDO`, ROCK STEP, COASTER STEP

17-19 Touch right toe back sweep right toe ½ circle forward to front
20 Touch right toe beside left
21-22 Rock forward onto right, step left in place
23&24 Step right back, step left beside right, step right forward

HIP WALKS

25&26 Step left back, bump hips left twice
27&28 Step right back, bump hips right twice
29-32 Repeat this 4 count section

FRONT VINE, ROMP STEP

33-34 Step left across front right, step right to right side
35-36 Step left across front right, hold
&37-38 Jump back onto right, touch left heel forward 45 degrees, hold
&39-40 Jump back onto left, touch right heel forward 45 degrees, hold

UNWIND, ROCK STEP, REVERSE VINE

41-42 Step right ball behind left heel, ½ turn to the right-weight right
43-44 Feet in place rock back onto left, step right in place
45-46 Step left across front right, step right to right side
47-48 Step left behind right, touch right toe beside left

FRONT VINE, ROMP STEPS

49-50 Step right across front left, step left to left side
51-52 Step right across front left, hold
&53-54 Jump back onto left, touch right heel forward 45 degrees, hold
&55-56 Jump back onto right, touch left heel forward 45 degrees, hold

UNWIND, ROCKS, REVERSE VINE

57-58 Step left ball behind right heel, ½ turn to the left-weight left

59-60 Feet in place rock back onto right, rock forward onto left
61-62 Step right across front left, step left to left side
63-64 Step right behind left, stomp left beside right

WINDSHIELD WIPERS

65-66 Weight on heels twist both toes right, twist both toes left
67-68 Twist both toes right, twist both toes center

REPEAT
