

Bmd Eight To The Bar

拍數: 48 牆數: 4 級數: Improver
編舞者: Jo Everhart (USA)
音樂: Beat Me Daddy, Eight to the Bar - The Dean Brothers



HOP-KICK, HOP-KICK

&1-2 Hop forward (right foot forward, left foot next to right foot), kick right foot forward
&3-4 Hop forward (right foot forward, left foot next to right foot), kick right foot forward

SHUFFLE, ROCK STEP

5&6 Shuffle to right (right, left, right)
7-8 Rock back on left foot behind right foot, recover weight to right foot.

HOP-KICK, HOP-KICK

&9-10 Hop forward (left foot forward, right foot next to left foot), kick left foot forward
&11-12 Hop forward (left foot forward, right foot next to left foot), kick left foot forward

SHUFFLE, ROCK STEP

13&14 Shuffle to left (left, right, left)
15-16 Rock back on right foot behind left foot, recover weight to left foot

STEP, HOLD(CLAP), TURN, HOLD(CLAP)

17-18 Step right foot to right, hold one count as you clap hands
19-20 Turn ½ wall to the left as you step to left on left foot, hold one count as you clap hands

STEP, HOLD(CLAP), TURN, HOLD(CLAP)

21-22 Step right foot to right, hold one count as you clap hands
23-24 Turn ½ wall to the left as you step to left on left foot, hold one count as you clap hands

HOP BACK, HOLD, HOP BACK, HOLD

&25-26 Hop back (right foot back, left foot back next to right foot), hold
&27-28 Hop back (right foot back, left foot back next to right foot), hold

BOOGIE-WOOGIE STEPS FORWARD (RIGHT, LEFT, RIGHT, LEFT)

29-30 Twist to the right as you step forward on right foot, twist to the left as you step forward on left foot
31-32 Twist to the right as you step forward on right foot, twist to the left as you step forward on left foot

SHUFFLE, ROCK-STEP/TURN

33&34 Right shuffle (right, left, right)
35-36 Rock behind right foot on left foot as you turn ¼ wall to left, recover weight to right foot

SHUFFLE, ROCK-STEP

37&38 Left shuffle (left, right, left)
39-40 Rock behind left foot on right foot, recover weight to left foot

STEP, HOLD, PIVOT, HOLD

41-42 Step forward on right foot, hold one count
43-44 Pivot ½ wall over left shoulder (shifting weight to left foot), hold one count

STEP, HOLD, PIVOT, HOLD

45-46 Step forward on right foot, hold one count

47-48 Pivot $\frac{1}{2}$ wall over left shoulder (shifting weight to left foot), hold one count

REPEAT

TAG

On the seventh wall, do the first 40 counts as is (you will be facing the front). Then substitute the eight count tag for the last eight beats. If you forget this tag it isn't important as you will still end up where you should be to start over.

1-8 Touch right toe at home position for count one, hold for 7 counts

Start at beginning
