

Bob The Builder

拍數: 32 牆數: 4 級數: Intermediate
編舞者: David J. McDonagh (WLS)
音樂: Can We Fix It - Bob The Builder



Start dance 48 counts from very beginning, after vocals: "Bob The Builder...Yes We Can" etc

SYNCOPATED CROSS ROCKS WITH CLAPS

1& Cross-rock right over left, rock weight back onto left
2& Rock right back to right diagonal, rock weight forward onto left
3&4 Cross-step right over left, clap hands twice
5& Cross-rock left over right, rock weight back onto right
6& Rock left back to left diagonal, rock weight forward onto right
7&8 Cross-step left over right, clap hands twice

SYNCOPATED WEAVE WITH BACK ROCK, SIDE CHASSE

1-2 Cross-step right over left, step left to left side
&3 Cross-step right behind left, step left to left side
4-5 Cross-step right over left, step left to left side
&6 Cross-rock right behind left, rock weight forward onto left
7&8 Step right to right side, step left beside right, step right to right side

CROSS UNWIND (¾-RIGHT), SHUFFLE, TOE BALL HEEL STEPS

1-2 Cross-step left over right, unwind a ¾ turn over right shoulder
3&4 Step left forward, step right beside left, step left forward
5& Touch right toe beside left, step right in place
6& Touch left heel forward, step left in place
7&8& Repeat above counts (5&6&)

STEP PIVOT (½-LEFT), SHUFFLE, KICK BALL POINTS

1-2 Step right forward pivot ½ turn over left shoulder
3&4 Step right forward, step left beside right, step right forward
5& Kick left forward, step left beside right
6& Point right toe to right side, step right beside left
7&8 Kick left forward, step left beside right, point right toe to right side

REPEAT