

The Bob

拍數: 64 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Palm Of Your Hand - Bob Mildren



ROCK RETURN, COASTER STEP, ROCK RETURN, COASTER STEP

1-2-3&4 Rock/step forward on left, rock back on right, step back on left, step right beside left, step forward on left
5-6-7&8 Rock/step forward on right, rock back on left, step back on right, step left beside left, step forward on right

STOMP HOLD, STEP PIVOT ¼, STOMP HOLD, STEP PIVOT ½

9-10 Stomp forward on left, hold (extend left palm forward on walls 2, 4, 6, 7)
11-12 Step forward on right, pivot ¼ left transferring weight to left
13-14 Stomp forward on right, hold (extend right palm forward on walls 2, 4, 6, 7)
15-16 Step forward on left, pivot ½ right transferring weight to right

ROCK RETURN, SHUFFLE BACK, ROCK RETURN, SHUFFLE ½ TURN

17-18-19&20 Rock/step forward on left, rock back on right, shuffle back left, right, left
21-22-23&24 Rock/step back on right, rock forward on left, shuffle forward right, left, right turning ½ left

ROCK RETURN, SHUFFLE ½ TURN, ROCK RETURN, STEP PIVOT ¼

25-26-27&28 Rock/step back on left, rock forward on right, shuffle forward left, right, left turning ½ right
29-30-31-32 Rock/step back on right, rock forward on left, step forward on right, pivot ¼ left transferring weight to left

ROCK RETURN, 3 TOE STRUTS BACK DOING 'THE BOB' (NORMAL STRUTS IF YOU CAN'T DO 'THE BOB')

33-34 Rock/step forward on right, rock back on left
35-36 Right toe strut back bobbing down and clicking fingers
37-38 Left toe strut back straightening up, arms in air clicking fingers
39-40 Right toe strut back bobbing down and clicking fingers

Looks good if each person in the line goes up and down at a different time

ROCK RETURN SHUFFLE FORWARD, STEP FORWARD STOMP/CLAP, STEP BACK STOMP/CLAP

41-42-43&44 Rock/step back on left, rock forward on right, shuffle forward left, right, left
45-46-47-48 Step forward on right, stomp left beside right/clap, step back on left, stomp right beside left/clap

STEP TOUCH, TOUCH SIDE TOUCH BESIDE, STEP TOUCH, TOUCH SIDE TOUCH BESIDE

49-50-51-52 Step right to right, touch left toe beside right, touch left toe to left side, touch left toe beside right
53-54-55-56 Step left to left, touch right toe beside left, touch right toe to right side, touch right toe beside left

ROCK RETURN, SHUFFLE FORWARD, STEP PIVOT ½, WALK FORWARD LEFT RIGHT

57-58-59&60 Rock/step back on right, rock forward on left, shuffle forward right, left, right
61-62 Step forward on left, pivot ½ right transferring weight to right
63-64 Walk forward left, right

REPEAT

