

Bindy Bop

拍數: 64 牆數: 2 級數:
編舞者: Tracie Lee (AUS)
音樂: When I Come Back - Greg Holland



- &1-2 Step ball of left back, step right across left, step left to left side
&3-4 Step ball of right back, step left across right, touch right toe to right
5-6 Draw right beside left turning ½ turn right, touch left toe to left side
7&8 Step left back, step right beside left, step left forward (coaster step)
- 1-2 Step right forward, pivot ½ turn left taking weight on left
3-4 Step right forward, tap left toe behind right
&5&6 Step back on left, tap right heel forward, step forward on right, tap left beside right (heel jack)
7-8 Step left to left side, tap right beside left
- 1&2 Shuffle to right side right-left-right
&3&4 Pivot ½ turn right on right foot, shuffle to left side left-right-left
&5&6 Pivot ½ turn on left foot, shuffle to right side right-left-right
7-8 Rock/step back on left behind right foot, rock forward onto right
- 1-4 Step left into a ¼ turn left, step right into a ¼ turn left, pivot on right ½ turn left stepping left to left side, step right across left (rolling vine left turning a full turn left)
5-8 Step left back turning ¼ turn right, turn ¼ right & step right to right, turn ½ turn right stepping left to left side, tap right beside left (rolling vine traveling left & turning a full turn right)
- 1-2 Step right to right side, tap left beside right
&3-4 Step ball of left to left side, step right to right side, tap left beside right
&5-6 Step ball of left to left side, step right to right side, step left beside right
&7-8 Step ball of right to right side, replace weight on left, scuff right foot forward
- 1-4 Step right forward, rock back onto left, rock/step back on right, rock forward onto left
5-6 Step right forward, pivot ½ turn left taking weight on left
&7-8 Step right beside left, step left heel forward at 45 degrees left, drag right beside left placing left toes down
- 1-4 Kick right forward at 45 degrees left, kick right forward at 45 degrees right, tap right toe behind left, kick right forward at 45 degrees right
5&6 Step right behind left, step ball of left to left side, replace weight on right (sailor step)
7-8 Step left behind right, pivot ¾ turn left finishing with weight on left
- 1-4 Rock/step forward on right, rock back on left, step right back, tap left heel forward
&5-6 Step ball of left beside right, step forward on right, pivot ¼ turn left pushing hip to right
7-8 Push hips left, push hips right

REPEAT

TAG

After the first wall only an extra four counts are added to fit the music. Step left back, step right back, step left beside right raise bath toes, lower toes to floor