

Bing Bang

拍數: 32 牆數: 4 級數: Beginner polka
編舞者: William Sevone (UK)
音樂: Unknown



2X TAP SIDE-CROSS, FOOT SWITCH, TAP SIDE-CROSS, TAP SIDE, CROSS STEP (6:00)

1-2 Tap right toe to right side, cross tap right toe over left foot
3-4 Tap right toe to right side, cross tap right toe over left foot
& Step right to right side
5-6 Tap left toe to left side, cross tap left toe over right foot
7-8 Tap left toe to left side, cross step left foot over right

UNWIND ½ RIGHT WITH KNEE STEP, FORWARD MARCHING STEPS, STEP, PIVOT ½ LEFT (6:00)

9 Unwind ½ right - while lifting right knee & stamp right foot slightly forward (12:00)
10-11 Lift left knee & stamp left foot slightly forward, lift right knee & stamp right foot slightly forward,
12-13 Lift left knee & stamp left foot slightly forward, lift right knee & stamp right foot slightly forward
14 Lift left knee & stamp left foot slightly forward
15-16 Step forward onto right, pivot ½ left (6:00)

STEP, PIVOT ½ LEFT, 2X SIDE-TOGETHER, 2X DRILL STEP (12:00)

17-18 Step forward onto right, pivot ½ left (12:00)
19-20 Touch right toe to right side, step right next to left
21-22 Touch left toe to left side, step left next to right
23-24 (On the spot) lift right knee & stamp right foot to floor, lift left knee & stamp left foot to floor

VARIATION

2X ¼ TURN JUMP, 2X KICK-TOGETHER, 2X DRILL STEP (12:00)

17-18 (Bringing feet together) jump up turning ¼ left, jump up turning turn ¼ left (12:00)
19-20 Kick right foot diagonally left, step right next to left
21-22 Kick left foot diagonally right, step left next to right
23-24 (On the spot) lift right knee & stamp right foot to floor, lift left knee & stamp left foot to floor

BACKWARD MARCHING STEPS, ¼ RIGHT SIDE, TOGETHER (3:00)

25-26 Lift right knee & stamp right foot slightly backward, lift left knee & stamp left foot slightly backward
27-28 Lift right knee & stamp right foot slightly backward, lift left knee & stamp left foot slightly backward
29-30 Lift right knee & stamp right foot slightly backward, lift left knee & stamp left foot slightly backward
31-32 Turn ¼ right & step right to right side, step left next to right, (3:00)

REPEAT

DANCE FINISH

(Album version only) on count 16 of wall 8 the music finishes. Simply add raise hands above head and clap