

Bingo Boogie

拍數: 64 牆數: 4 級數: Improver
編舞者: Sheridan Gill (UK)
音樂: Bingo Bango - Basement Jaxx



KICK BALL CHANGE, RIGHT SHUFFLE, LEFT SHUFFLE, RIGHT SHUFFLE

1&2 Kick right forward, step right beside left, step onto left in place
3&4 Step forward right, close left to right, step forward right
5&6 Step forward left, close right to left, step forward left
7&8 Step forward right, close left to right, step forward right

STEP LEFT, PIVOT ½ RIGHT, KICK BALL CHANGE, FORWARD ROCK, COASTER STEP

9-10 Step forward on left, pivot ½ turn right
11&12 Kick left forward, step left beside right, step onto right in place
13-14 Rock forward on left, recover onto right
15&16 Step left back, step right beside left, step left forward

CROSS, SIDE, SAILOR WITH A DIG, STEP (TWICE)

17-18 Cross right over left, step left to left side
19&20& Cross right behind left, step left to left side, dig right heel forward, step down on right
21-22 Cross left over right, step right to right side
23&24& Cross left behind right, step right to side, dig left heel forward, step down on left

CROSS RIGHT, STEP LEFT, ½ UNWIND, FORWARD ROCK, COASTER STEP

25-26 Cross right over left, step left to left side
27&28 Cross right behind left, unwind ½ turn right ending with weight on right foot
29-30 Rock forward on left, recover onto right
31&32 Step left back, step right beside left, step forward on left

CROSS ROCK, CHASSE ¼ TURN, LEFT FORWARD ROCK, COASTER STEP

33-34 Cross rock right over left, recover onto left
35&36 Step right to right side, step left beside right, step right ¼ turn
37-38 Rock forward on left, recover onto right
39&40 Step left back, step right beside left, step forward on left

MONTEREY ½ TURN, RIGHT CROSS ROCK, TRIPLE FULL TURN RIGHT

41-42 Touch right to right side, on ball of left, turn ½ right, stepping right beside left
43-44 Touch left to left side, step left beside right
45-46 Cross rock right over left, recover onto left
47&48 Triple full turn right, stepping right, left, right

LEFT ROCK FORWARD, COASTER STEP BACK, PADDLE ¼ TURN TWICE

49-50 Rock forward onto left, recover onto right
51&52 Step left back, step right beside left, step left forward
53-54 Touch right toe forward, pivot ¼ turn left
55-56 Touch right toe forward, pivot ¼ turn left

RIGHT HEEL GRIND & COASTER STEP, LEFT HEEL GRIND & COASTER STEP

57-58 Touch right heel forward, grinding heel, step back onto left
59&60 Step back on right, step left beside right, step forward on right
61-62 Touch left heel forward, grinding heel, step back onto right

63&64

Step back left, step right beside left, step forward left

REPEAT
