BBB With Attitude

拍數: 40

級數: Improver

編舞者: Barbara Reynolds (USA)

音樂: Walk The Dinosaur - The Bunch

OUT, OUT, & STEP, HOLD, WALK-WALK, STEP TURN

- 1-2 Step right foot slightly forward and out, step left foot slightly forward and out
- &3-4 Quickly step back on right foot then forward on left foot, hold (keeping weight on left foot)
- 5-6 Walk forward right, left
- 7-8 Step forward on right foot, pivot ½ turn left (weight should be on left foot; facing 6:00 wall)

KICK & TOUCH (X3), SWIVEL HEELS

- 1&2 Kick right foot forward, and quickly step right foot next to left foot, point left foot to left
- 3&4 Kick left foot forward, and quickly step left foot next to right foot, point right foot to right
- 5&6 Kick right foot forward, and quickly step right foot next to left foot, point left foot to left
- 7&8 Swivel heels right-left-right as you turn ¼ turn left (weight should be on right foot; facing 3:00 wall)

TRIPLE STEP, STEP RIGHT FOOT OVER LEFT FOOT, UNWIND ¾ TURN, ROCK STEP, STEP BEHIND, STEP SIDE

- 1&2 Shuffle forward left-right-left
- 3-4 Step right foot over left foot as you unwind ³/₄ turn left (weight on right foot, facing 6:00 wall)
- 5-6 Rock left foot to left, recover weight on right foot
- 7-8 Step left foot behind right foot, step right foot to right

STEP ACROSS, HOLD & STEP ACROSS, HOLD, VAUDEVILLE STEP

- 1-2 Step left foot across right foot, hold
- &3-4 Quickly step right foot slightly right & step left foot across right foot, hold
- &5&6 Hop back on right foot & touch left heel forward at an angle & hop right foot back to center & left foot next to right foot
- &7&8 Hop back on left foot & touch right heel forward at an angle & hop left foot back to center & touch right foot next to left foot

STEP ¼ TURN, SAILOR SHUFFLE (TWICE), MILITARY ½ TURN

- 1-2 Step forward on right foot, pivot ¼ turn left (weight on left foot)
- 3&4 Sailor shuffle right-left-right
- 5&6 Sailor shuffle left-right-left
- 7-8 Touch right toe behind left heel, pivot ½ turn right (weight ends on left foot)

REPEAT





牆數:4