

B.B.I.B.B. (Bye-Bye, I'll Be Back)

拍數: 42 牆數: 2 級數: Intermediate
編舞者: Chris Hodgson (UK) & Richard Hodgson (UK)
音樂: Back With a Heart - Olivia Newton-John



HEEL SWITCHES WITH HOLDS / ROCK STEP / TRIPLE ½ TURN, LEFT AND RIGHT

1-2 Touch left heel forward, hold position for 1 count
&3-4 Step left foot in place, touch right heel forward, hold 1 count
&5-6 Step right foot in place, step left foot forward, rock weight back onto right foot
7&8 Step in place on left-right-left making ½ turn to left

1-2 Touch right heel forward, hold position for 1 count
&3-4 Step right foot in place, touch left heel forward, hold 1 count
&5-6 Step left foot in place, step right foot forward, rock weight back onto left foot
7&8 Step in place on right-left-right making ½ turn to right

STEP SLIDES TWICE / STEP-½ SPIN TURN, TWICE-USING HIPS AND ARMS

1-2 Step forward on left foot, slide ball of right foot next to left heel
3-4 Step forward on left foot, slide ball of right foot next to left heel
5-6 Step forward on left foot, spin ½ turn to left keeping right leg up
7-8 Step forward on right foot, slide ball of left foot next to right heel
9-10 Step forward on right foot, slide ball of left foot next to right heel
11-12 Step forward on right foot, spin ½ turn to right keeping left leg up

On the above counts 1-4 and 7-10 emphasis is on forward step, moving hips forward and back, with elbows kept in next to body, hands horizontal to floor

TOUCH SIDE / SYNCOPATED CROSS STEPS

1-2 Touch left toe to left side, cross step left foot over in front of right foot
&3-4 Step ball of right foot to right side, step left foot in place, cross step right foot over in front of left foot
&5-6 Step ball of left foot to left side, step right foot in place, cross step left foot over in front of right foot

MONTEREY TURN / RIGHT SIDE CHASSE / ROCK STEP

1-2 Touch right toes to right side, spin ½ turn right on ball of left foot as you step right foot next to left
3-4 Touch left toes to left side, step left foot next to right foot
5&6 Step right foot to right side, step left foot next to right, step right foot to right side
7-8 Step back on left foot, rock weight forward onto right foot

REPEAT