

Be Good To Be Bad

拍數: 32 牆數: 2 級數: Beginner
編舞者: Phil Austin (UK)
音樂: If Ya Wanna Be Bad Ya Gotta Be Good - Bryan Adams



ROCK, RECOVER, ROCK, RECOVER, ROCK, RECOVER, ROCK, RECOVER

1-2 Rock forward left foot, recover onto right
3-4 Rock back left foot, recover onto right
&5-6 Step left to right, rock forward right, recover onto left
7-8 Rock back on right foot, recover onto left

ROCK, ½ TURN, SHUFFLE ½ TURN, SLEAZE ROLL

1-2 Rock forward right foot, pivot ½ turn over left shoulder and step left in place
3&4 Make ½ turn over left shoulder, stepping right, left, right
5-8 A sleaze roll is a body roll down twice using the shoulders. (5)roll right shoulder down, followed by left shoulder, chest and stomach (6)bend knees so you are in sitting position (&)straighten knees (7)roll right shoulder down, followed by left shoulder, chest and stomach (8)bend knees so you are in sitting position

BUMP HIPS TWICE, BUMP HIPS TWICE, ROCK AND CROSS, SLEAZE SLIDE

1&2 Step forward right and bump hips forward, bump hips back, bump hips forward
3&4 Step forward left and bump hips forward, bump hips back, bump hips forward
5&6 Rock right to side, recover weight onto left, cross right over left
7-8 Step left a big step to side, slide right to left and use your shoulders anyway you know how!

TOE, ¼ TURN, TOE, ¼ TURN, TOE, ¼ TURN, KICK, CROSS, COASTER STEP, STOMP

1& Pivot ¼ turn on left foot over left shoulder and touch right to side, hitch right foot
2& Repeat steps '1&:'
3& Repeat steps '1&'
4-5 Kick right forward, cross right over left
6&7 Step back left, step right to left, step forward left
8 Stomp right forward

ROLL HIPS ¼ TURN, SAILOR STEP, CROSS UNWIND ½ TURN

1-4 Roll hips to the left and make ¼ turn over left shoulder over 4 counts (do it slow and sleazy!)
5&6 Cross left behind right, step right to side, step left to right
7-8 Cross right behind left, unwind ½ turn over right shoulder

REPEAT
