

Be-Bop-A-Lula

拍數: 40 牆數: 4 級數: Improver
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音樂: Walking After Midnight - Garth Brooks



During heel lifts, the toe of the foot remains on the floor.

LEG PUMPS WITH FINGER SNAPS

- 1 Left heel lift
- 2 Snap fingers
- 3 Left heel drop and right heel raise
- 4 Snap fingers

- 5 Right heel drop and left heel raise
- 6 Left heel drop and right heel raise
- 7 Right heel drop and left heel raise
- 8 Left heel drop and right heel raise

VINE TO THE RIGHT WITH A SCUFF

- 9 Right foot step to the right
- 10 Left foot step behind right leg to the right
- 11 Right foot step to the right
- 12 Left foot scuff forward

MODIFIED VINE TO THE LEFT WITH ¼ TURN TO THE LEFT AND TOUCH

- 13 Left foot step to the left
- 14 Right foot step behind left leg to the left
- 15 Left foot step to the left ¼ turn to the left
- 16 Right toe touch to close to left foot

KNEE ROLLS

- 17 Right knee roll full circle to the right
- 18 Snap fingers and right heel drops
- 19 Left heel lift and left knee roll full circle to the left
- 20 Snap fingers and left heel drops

- 21 Right heel lifts and right knee roll full circle to the right
- 22 Snap fingers and right heel drops
- 23 Left heel lift and left knee rolls full circle to the left
- 24 Snap fingers and left heel drops

2 SETS - SCOOT AND CLAP

- 25 Both feet scoot forward
- 26 Clap
- 27 Both feet scoot forward
- 28 Clap

STEPS

- 29 Right foot step backward
- 30 Left foot step backward
- 31 Right foot step to the right
- 32 Left foot step to close to right foot

2 SETS OF STEPS AND PIVOT ½ TURN TO THE LEFT

- 33 Right foot step forward
- 34 Right toe pivots ½ turn to the left and left knee lifts until thigh is parallel to the floor
- 35 Left foot step backward
- 36 Right toe touch backward

- 37 Right foot step forward
- 38 Right toe pivots ½ turn to the left and left knee lifts until thigh is parallel to the floor
- 39 Left foot step backward
- 40 Right foot stomp to close to left foot

REPEAT

OPTION 1

Substitute the following for Counts 21-24.

- 21 Right heel lifts, right knee roll full circle to the right, and right heel drops
- 22 Left heel lifts, left knee roll full circle to the left, and left heel drops
- 23 Right heel lifts, right knee roll full circle to the right, and right heel drops
- 24 Left heel lifts, left knee roll full circle to the left, and left heel drops

OPTION 2

Substitute the following for Counts 34 and 38.

- 34 Right toe pivots ½ turn to the right and left knee lifts until thigh is parallel to the floor
 - 38 Right toe pivots ½ turn to the right and left knee lifts until thigh is parallel to the floor
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