

Bear Walk

拍數: 128 牆數: 1 級數: Intermediate / Advanced
編舞者: Lydia Stephenson
音樂: Come On Back - Carlene Carter



RIGHT TOE AND HEEL TAPS, STEP ACROSS AND HOLD:

- 1-2 Two right toe taps-allow hips to 'twist', right toes twist & face into left instep
- 3-4 Two right heel taps-allow hips to 'twist', right heel faces to left instep
- 5-6 Right toe tap; right heel tap-allow hips to 'twist', right toes to left instep, right heel to left instep
- 7-8 Step down right across in front of left; hold

NOTE: The following are how the above should be done:

- Right toe tap (turn foot so toe taps floor at 9 o'clock)
- Right heel tap (turn foot so toe points at 3 o'clock)
- Left toe tap (turn foot so toe taps floor at 3 o'clock)
- Left heel tap (turn foot so toe points at 9 o'clock)

LEFT TOE AND HEEL TAPS, STEP ACROSS AND HOLD:

- 9-10 Two left toe taps, allow hips to 'twist'; left toe twist & faces into right instep
- 11-12 Two left heel taps, allow hips to 'twist'; left heel faces into right instep
- 13-14 Left toe tap; left heel tap-allow hips to 'twist'; left toes twist in, left heel twists into right instep
- 15-16 Step down left across in front of right; hold

RIGHT AND LEFT TOE AND HEEL TAP AND STEP ACROSS:

- 17-19 Right toe tap; right heel tap; step down right across in front of left, allow hips to 'twist'
- 20-22 Left toe tap; left heel tap; step down left across in front of right, twist action
- 23-25 Right toe tap; right heel tap; step down right across in front of left, twist action
- 26-28 Left toe tap; left heel tap; step down left across in front of right, twist action

RIGHT TOE/HEEL TAP, AND DOUBLE KICK:

- 29-30 Right toe tap, right heel tap
- 31-32 Kick right foot forward twice

LOCKED STEP RIGHT BACK AND SLIDE LEFT:

- 33-34 Cross right over in front of left & slightly behind; slide left back (travel backwards)
- 35-36 Step right back; slide left back (right stays crossed in front of left)
- 37-38 Step right back; slide left back, keeping ankles crossed
- 39-40 Step right back; slide left back, keeping ankles crossed, weight ends on left

BACK STEP AND FULL TURN LEFT, THE HIP THRUSTS:

- 41-44 Step right back, pivot full turn-3 count turn to left
- 45-48 Left hip thrust; right hip thrust; left hip thrust; right hip thrust & crossed ankle dips (collapses)
weight ends on left

RIGHT AND LEFT SCUFF AND STEP:

- 49-50 Scuff right foot forward; right step down
- 51-52 Scuff left foot forward; left step down
- 53-54 Scuff right foot forward; right step down
- 55-56 Scuff left foot forward; left step down

SCUFF AND STEP, MAKING FULL TURN TO LEFT:

- 57-58 Scuff right foot forward; right step down, with ¼ turn left
- 59-60 Scuff left foot forward; left step down, with ¼ turn left

61-64 (on balls of both feet) complete slow ½ turn left, weight ends on left

RIGHT AND LEFT STEP FORWARD AND WIGGLE:

65-66 Step right forward with wiggle; hold with wiggle
67-68 Step left forward with wiggle; hold with wiggle
69-70 Step right forward with wiggle; hold with wiggle
71-72 Step left forward with wiggle; hold with wiggle

FORWARD STEPS WITH WIGGLE WITH HANDS AT BACK OF HEAD AND ON THE WAIST:

73-74 Step right forward with wiggle, place right hand on back of head (at ear level); hold with wiggle
75-76 Step left forward with wiggle, place left hand back of head (at ear level); hold with wiggle
77-78 Step right forward with wiggle, place right hand back to waist; hold with wiggle
79-80 Step left forward with wiggle, place left hand back to waist; hold with wiggle

4 SCOOTERS FORWARD:

81-82 Scoot/jump forward on both feet, left foot slightly forward of right; hold
83-88 Repeat 3 times, (81-82) weight ends on left

BOOGIE BACK:

89-96 Right; left; right; left; right; left; right; left (i.e., Right step back on ball of foot with toe pointed to 11 o'clock & twist heel in)

8 COUNT GRAPEVINE RIGHT:

97-104 Step right to side; step left behind; step right to side; cross left in front of right; step right to side; step left behind; step right to side; scuff forward left beside right

8 COUNT GRAPEVINE LEFT:

105-112 Step left to side; step right behind; step left to side; cross right in front of left; step left to side; step right behind; step left to side; scuff forward right beside left

RIGHT AND LEFT STEP OVER, ROCK STEPS AND SCUFF:

113-116 Step right across left; rock back on left; rock forward on right; scuff forward left
117-120 Step left across right; rock back on right; rock forward on left; scuff forward right
121-124 Step right across left; rock back on left; rock forward on right; scuff forward left
125-128 Step left across right; rock back on right; rock forward on left; scuff forward right.

REPEAT
