

Bearfootin'

拍數: 0 牆數: 2 級數: Intermediate
編舞者: John Robinson (USA)
音樂: The Three Bears - The Dean Brothers



Sequence: ABB, ABB, ABA, BBB

PART A

TOE STRUTS TO RIGHT DIAGONAL

- 1 Step right toe to right diagonal
- 2 Drop right heel taking weight
- 3 Step left toe forward across right
- 4 Drop left heel taking weight
- 5 Step right toe to right diagonal
- 6 Drop right heel taking weight
- 7 Step left toe forward across right
- 8 Drop left heel taking weight

On odd counts raise arms to shoulder level on even counts drop arm clicking fingers

STEP ¼ PIVOT LEFT WITH HOLDS TWICE

- 9 Step forward right
- 10 Hold
- 11 Pivot ¼ turn left
- 12 Hold
- 13 Step forward right
- 14 Hold
- 15 Pivot ¼ turn left
- 16 Hold

RIGHT KICK, HOOK TWICE & TWIST

- 17 Kick right forward
- 18 Hook right across left shin
- 19 Kick right forward
- 20 Hook right across left shin
- 21 Step ball of right to right side twisting heels to right
- 22 Twist heels left
- 23 Twist heel right
- 24 Twist heels to center taking weight onto right

LEFT KICK, HOOK TWICE & TWIST

- 25 Kick left forward
- 26 Hook left across right shin
- 27 Kick left forward
- 28 Hook left across right shin
- 29 Step ball of left to left side twisting heels to left
- 30 Twist heels right
- 31 Twist heels left
- 32 Twist heels to center taking weight onto left

PART B

¼ MONTEREY TURNS RIGHT TWICE

- 1 Touch right toe to right side

- 2 On ball of left pivot $\frac{1}{4}$ turn right, stepping right beside left
- 3 Touch left to left side
- 4 Step left beside right
- 5 Touch right toe to right side
- 6 On ball of left pivot $\frac{1}{4}$ turn right, stepping right beside left
- 7 Touch left to left side
- 8 Step left beside right

STEP FORWARD, LOCK, STEP FORWARD, HOLD, WITH RIGHT & LEFT

- 9 Step forward right
- 10 Lock step left behind right
- 11 Step forward right
- 12 Hold
- 13 Step forward left
- 14 Lock step right behind left
- 15 Step forward left
- 16 Hold

ROCKS FORWARD & BACK, STEP FORWARD, HOLD, PIVOT $\frac{1}{2}$ TURN LEFT

- 17 Rock forward on right
- 18 Rock back onto left
- 19 Rock back on right
- 20 Rock forward onto left
- 21 Step forward right
- 22 Hold
- 23 Pivot $\frac{1}{2}$ turn left
- 24 Hold

STEP FORWARD, HOLD TOGETHER, HOLD, RIGHT & LEFT SIDE TOUCHES

- 25 Step forward right
- 26 Hold
- 27 Step left beside right
- 28 Hold
- 29 Touch right to right side
- 30 Step right beside left
- 31 Touch left toe to left side
- 32 Step left beside right

RIGHT & LEFT KNEE POPS

- 33 Pop right knee forward raising right heel
 - 34 Return right to place
 - 35 Pop left knee forward raising left heel
 - 36 Return left to place
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