

Bed Bug Boogie

COPPER KNOB
BY STEPHENETS

拍數: 32

牆數: 2

級數: Intermediate/Advanced line/contra
dance



編舞者: Traci Grande (USA) & Jane Anderson (USA)

音樂: Come On Over (All I Want Is You) - Christina Aguilera

WALK, WALK, HEEL TWISTS, WALK, WALK, HEEL TWISTS

- 1-2 Walk right, left
- 3&4 Twist right heel---right, left, right (weight. On left)
- 5-6 Walk right, left
- 7&8 Twist right heel---right, left, right (weight. On left)

MASH STEPS, STOMP, HOLD, STOMP, HOLD

- 1&2& Step back on right twisting heels inward, spread heels apart, step back on left twisting heels inward, spread heels apart
- 3&4 Step back on right twisting heels inward, spread heels apart, step together with left
- 5-6 Stomp right forward, hold (point right hand out in front of you)
- 7-8 Stomp left forward, hold (point left hand out in front of you)

JUMP BACK, JUMP BACK, STOMP, HOLD, ½ TURN LEFT

- 1-2 Jump back pushing both arms out in front (1), pull arms toward body (2)
- 3-4 Repeat steps 1 & 2
- 5-6 Stomp right foot forward, hold
- 7-8 ½ trn left (turning on ball of right foot), step left foot in place next to right (left foot takes the weight)

RIGHT LUNGE, RETURN, LEFT LUNGE, RETURN, LEFT SCOOT, RIGHT SCOOT

- 1&2 Right lunge crossing over left, return
- 3&4 Left lunge crossing over right, return
- 5-6 Rock forward on right, recover weight on left
- &7 Scoot back on left, step back on right
- &8 Scoot back on right, step back on left (weight on left, right knee pops to be ready to start dance over)

REPEAT
