Bad Bad Leroy Brown (Sitting Version)

級數: Beginner seated dance

編舞者: Unknown

拍數: 32

音樂: Bad, Bad Leroy Brown - Jim Croce

Adapted for seated dancing by Suzanne Hoffmann

 WALK FORWARD LEFT, HOLD, RIGHT, HOLD, LEFT, RIGHT, LEFT, HOLD

 Optional: At the 'holds' do hand fans (raise arms up to chest level with fingers open and jerk hands slightly outwards)

 1-4
 Step left foot forward, hold, step right foot forward, hold

 5-8
 Step on left, right, left, hold

 GRAPEVINE RIGHT WITH CROSS

 1
 Step right foot back to slightly right of starting position

- 2 Close left foot to right foot (feet together)
- 3 Step right foot right
- 4 Touch left toes next to right (tip) and cross left wrist over right wrist

GRAPEVINE LEFT WITH CROSS

- 5 Step left foot slightly to left
- 6 Close right foot to left foot (feet together)
- 7 Step left foot to left
- 8 Touch right toes next to left (tip) and cross right wrist over left wrist

WALK FORWARD RIGHT, HOLD, LEFT, HOLD, RIGHT, LEFT, RIGHT, HOLD

Optional: At the 'holds' do hand fans (raise arms up to chest level with fingers open and jerk hands slightly outwards)

- 1-4 Step right foot forward, hold, step left foot forward, hold
- 5-8 Step on right foot, left foot, right foot, hold

GRAPEVINE LEFT AND RIGHT WITH CROSS

- 1 Step left foot back to slightly left of starting position
- 2 Close right foot to left foot (feet together)
- 3 Step left foot to left
- 4 Touch right toes next to left (tip) and cross right wrist over left wrist
- 5 Step right foot slightly to right
- 6 Close left foot to right foot (feet together)
- 7 Step right foot right
- 8 Touch left toes next to right (tip) and cross left wrist over right wrist

REPEAT





牆數:4