

Bad Boy

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Tina "Little Bit" Richardson
音樂: If You Want It To Be Good Girl (Get Yourself A Bad Boy) - Backstreet Boys



ARM/KNEE ROLLS

- 1-2 Roll right knee and arm inside to out ending with palm up
- 3-4 Roll left knee and arm inside to out ending with palm up
- 5-6 Bend knees in bringing arms in toward each other in a "swimming" motion ending with palms down, bend knees out rolling hands out to end with palms up
- 7&8 Bend knees in bringing arms in toward each other in a "swimming" motion ending with palms down, bend knees out rolling hands out to end with palms up, straighten knees while bringing hands up and behind head in a "hairbrush" motion

BODY ROLLS (DOWN, UP, LEFT, RIGHT)

- 1-2 Two-count body roll down and back with head going first, as if lying down on a bed
- 3-4 Two-count body roll up and forward, as if coming up off the bed
- 5-6 Body roll side left for two counts, shifting weight left
- 7-8 Body roll side right for two counts, shifting weight right

RIGHT KICK & LEFT TOUCH BACK, LEFT KICK & RIGHT TOUCH BACK SYNCOPATED TOE TOUCHES (FORWARD RIGHT, SIDE LEFT, SIDE RIGHT, FORWARD LEFT)

- 1&2 Shift weight left/right kick forward, step right back, left toe touch back
- 3&4 Left kick forward, step left back, right toe touch back
- 5&6 Right toe touch forward, right step next to left, left toe touch side left
- &7&8& Left step next to right, right toe touch side right, right step next to left, left toe touch forward

RIGHT TOUCH FORWARD, TOUCH SIDE, SWEEP ½ TURN RIGHT (REPEAT)

- &1-2 Left step next to right, right toe touch front, right toe touch side right
- 3-4 Right toe sweep back to the right, rolling knee into ½ turn right

Keep weight on left

- 5-6 Right toe touch front, right toe touch side right
- 7-8 Right toe sweep back to the right, rolling knee into ½ turn right

Keep weight on left

BRUSHES & CROSS STEPS (RIGHT, LEFT, RIGHT, LEFT)

- 1-2 Right brush forward, right step forward across left
- 3-4 Left brush forward, left step forward across right
- 5-6 Right brush forward, right step forward across left
- 7-8 Left brush forward, left step forward across right

RIGHT KICK-BALL-CHANGE, RIGHT SIDE STEP, LEFT SLIDE TOGETHER LEFT HEEL & RIGHT STEP FORWARD, PIVOT ¼ LEFT, STOMP/CLAP

- 1&2 Right kick forward, right step next to left on ball of foot, left step in place
- 3-4 Right step side right, left slide next to right keeping weight on right
- 5&6 Left heel touch forward, left step next to right, step right forward
- 7-8 Pivot ¼ turn left onto left, right stomp shoulder-width apart/clap hands

REPEAT