Bad Girls Boogie

拍數: 32

級數: Improver

編舞者: Terry Hogan (AUS)

音樂: Good Girls Go to Heaven - Brooks & Dunn

RIGHT HEEL GRIND, ROCK FORWARD, BACK, ¼ LEFT, CROSS, SIDE SHUFFLE LEFT

- Step forward onto right heel with toe turned in, turn toe out taking weight forward onto right 1-2 foot
- 3-4 Rock-step left forward, rock backward onto right
- Make 1/4 turn left and step left to the side, step right across in front of left 5-6
- 7&-8 Shuffle to the left side left, right, left

RIGHT CROSS ROCK, SIDE, TOGETHER, RIGHT KICK BALL CHANGE, RIGHT KICK BALL CHANGE WITH 1/4 RIGHT

- 9-10 Cross-rock right in front of left, rock replace weight back onto left
- 11-12 Step right to the side, step left beside right
- 13&14 Right kick, ball change making 1/4 turn right (facing starting wall)
- 15&16 Kick right, step on ball of right beside left, step left slightly forward

GRAPEVINE RIGHT, CROSS BEHIND, UNWIND ½ RIGHT, HIPS LEFT, HIPS RIGHT

- 17-18 Step right to the side, step left across behind right
- 19-20 Step right to the side, step left across in front of right
- 21-22 Step right to the side, touch left across behind right
- 23 Unwind making 1/2 turn left pushing hip left and taking weight onto left foot
- 24 Push hips right

HIPS LEFT TWICE, HIPS RIGHT TWICE, SHUFFLE FORWARD LEFT, ¼ PIVOT LEFT

- 25-26 Bump-push hips to the left twice
- 27-28 Bump-push hips to the right twice
- 29&30 Shuffle forward left, right, left
- 31-32 Step right forward, make 1/4 pivot left taking weight onto left foot

REPEAT

RESTART #1

After 2 complete repetitions (you will be facing back wall) do only the first 16 counts and restart (you will still be facing the back wall)

TAG

After 1 more complete repetition (vou will be facing 9:00 wall) there is a 4 count tag -

- 1-2 Step right foot forward, step left beside right
- 3-4 Step right foot backward, step left beside right

RESTART #2

After 2 more complete repetitions (you will be facing 3:00 wall) there is another restart. This time you do 24 counts of the dance before restarting, but it is necessary to hold for count 24 and not push hips to the right. This way you will have your weight on your left foot ready to restart facing 9:00 wall.





牆數: 4