

Bad Thang

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Max Perry (USA)
音樂: Bad Thang - Scooter Lee



LEFT FORWARD, BOUNCE HEEL 3 TIMES, RIGHT FORWARD, BOUNCE HEEL 3 TIMES

1-4 Place left foot forward, bounce heel 3 times
& Quickly step left next to right
5-8 Place right foot forward, bounce heel 3 times

2 SAILOR SHUFFLES

1&2 Cross right behind left, step left to left side, step right in place
3&4 Cross left behind right, step right to right side, step left in place

STEP RIGHT FORWARD, TWIST BOTH HEELS IN, OUT, STEP OUT, OUT, CLAP

5&6 Step right forward, twist both heels in, twist both heels out
&7-8 Step right to right side, step left to left side, clap hands (feet shoulder width apart)

RUNNING MAN

1& Step right diagonally forward & left diagonally back, slide right towards home, position & hitch left knee
2& Step left diagonally forward & right diagonally back, slide left towards home position & hitch right knee
3&4& Repeat right & left running man two 1/8 turns with hip rolls
5-6 Step right forward & turn 1/8 left, step in place with left
7-8 Step right forward & turn 1/8 left, step in place with left, rotate hips counter-to the right (left to right) twice

The total amount of turn is $\frac{1}{4}$ over steps 5-8

MASHED POTATOES (CHARLESTON SWIVELS)

&1 Swivel both toes in, swivel both toes out as you step back with right foot
&2 Swivel both toes in, swivel both toes out as you step back with left foot
&3 Swivel both toes in, swivel both toes out as you step back with right foot
&4 Swivel both toes in, swivel both toes out
&5 Swivel both toes in, swivel both toes out as you step back with left foot
&6 Swivel both toes in, swivel both toes out as you step back with right foot
& Swivel both toes in

LEFT COASTER STEP

7&8& Step left back, step right next to left, step left forward, step right up to left for

REPEAT