

Bandette Bump

拍數: 32 牆數: 4 級數:
編舞者: Andy McGrath
音樂: Wink - Neal McCoy



KICK BALL BACKS/CROSS/½ TURN LEFT/HIP ROLLS/¼ TURN LEFT

1&2 Kick right foot forward, step back on right foot, step left foot beside right
3&4 Kick right foot forward, step back on right foot, step left foot beside right
5-6 Cross right foot over left, unwind ½ turn left
7-8 Roll hips twice making ¼ turn left

KICK BALL POINTS/RIGHT & LEFT SWITCHES/(FOUR STAR PATTERN)/½ TURN LEFT

9&10 Kick right foot forward, step right foot to right side, point left toe to left side
11&12 Kick left foot forward, step left foot beside right, point right toe to right side
13& Point right heel forward, step right foot in place beside left
14& Point left toe back, step left foot in place beside right foot
15&16 (Making ½ turn left) touch right heel to right side, step right foot in place, touch left toe to left side

HIP BUMPS/ROLLING HIPPS/HIP BUMPS/ROLLING HIPPS

&17 Quickly step in place with left foot, step forward on right foot bumping right hip once
18 Step forward on left foot bumping left hip once
19&20 Step back on right foot roll hips right twice
21 Step back on left foot bumping left hip once
22 Step back on right foot bumping right hip once
23&24 Step forward on left foot roll hips left twice

MASHED POTATOES RIGHT & LEFT/RIGHT COASTER STEP/LEFT BEHIND ½ TURN/LEFT COASTER STEP

&25&26 Split heel apart, slide right behind left, split heels apart, slide left behind right
27&28 Step back on right foot, step left beside right, step forward on right foot
29-30 Step left behind right, unwind ½ turn left
31&32 Step back on left foot, step right beside left, step forward on left foot

REPEAT