

Beep

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK)
音樂: Beep - The Pussycat Dolls : (Album: PCD or CD Single)



Starts on Vocal (24 Counts)

Sailor Step, & Side, Cross, Side, Rock & Turn 1/4, 1/2.

1&2 Step Left behind Right, step Right to right side, step Left to Left side.
&3-4 Cross step Right behind Left, step Left to Left side, cross step Right over Left.
5-6 Step Left to Left side, cross rock Right over Left.
&7-8 Recover on Left, make 1/4 turn Right stepping forward Right, 1/2 turn Right stepping back on Left.

Rock & Scuff, Hitch, Side, Bump, Bump L-R, Bump L-R-L.

1&2 Rock back on Right, recover on Left, scuff Right forward & across Left.
&3-4 Hitch Right knee to Right side, step Right to Right side, bump Right hip to Right.
(Look over Right shoulder & slap ass with Right hand)
5-6 Bump hips Left-Right
7&8 Bump hips Left-Right-Left

(On count 8 take weight on L & hitch Right knee slightly to Right side.. toe stays on floor) *R*

Sailor 1/4 Kick & Step 1/2 Pivot, 1/2 Turn, Sailor 1/4, Step.

1&2 Step Right behind Left, making 1/4 turn Right step Left next to Right, kick Right forward.
&3-4 Step Right next to Left, step forward on Left, pivot 1/2 turn to Right.
5 On ball of Right make 1/2 turn to Right stepping Left to Left side.
6&7 Step Right behind Left, make 1/4 turn to Right stepping Left next to Right, step forward on Right.
8 Step forward on Left.

Kick, Cross, Back, Side, Cross, Hitch, Behind, 1/4 Turn, 1/4 Tap Tap, Side.

1&2 Kick Right forward, cross step Right over Left, step back on Left.
&3-4 Step Right to Right side, cross step Left over Right, hitch Right knee into Right corner.
5-6 Step Right behind Left, make 1/4 turn to Left stepping forward on Left.
7&8 Make 1/4 turn to Left tapping Right toe to Right side, tap Right toe further to Right side, step Right to Right side.

*R*Restart.. After 16 Counts of Wall 9 keep weight on Right & Restart from Count 1

Tag: At end of Walls 1.. 4.. 7.. 11

Rock & Side, Rock & Side, 1/4, Step 1/2 Pivot, 1/4 Side.

1&2 Cross rock Left behind Right, recover on Right, step Left to Left side.
3&4 Cross rock Right behind Left, recover on Left, step Right to Right side.
5-6 Make 1/4 turn to Left stepping forward on Left, step forward on Right.
7-8 Pivot 1/2 turn to Left, make 1/4 turn to Left stepping Right to Right side.

After last Tag there is an extra beat/beep.. use this to make a 1/4 hinge turn to the front while you press the imaginary button at the front to go with the beeeeeep