

Menehune Beach Bum Boogie

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Violet Ray (USA) & Bill Ray (USA) - October 2007
音樂: Menehune Beach Bum Boogie - Imua : (CD: Greatest Hits, Vol.1)



LEFT & RIGHT SIDE MAMBOS, KUI LEFT, 1/4 PIVOT TURN WITH AMI (HIP ROLL)

- 1 & 2 Rock L foot out to left side, Recover weight on R foot, Step L foot next to R foot
- 3 & 4 Rock R foot out to right side, Recover weight on L foot, Step R foot next to L foot
- 5 - 6 Step L foot to left side & and same time hook R foot across L ankle (kui), Step R foot next to L foot
- 7 - 8 Step L foot forward, Pivot turn 1/4 right while rotating hips (ami) (3:00)

SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, FORWARD MAMBO, 1/4 TURNING SAILOR STEP

- 1 & 2 Rock L foot to left side, Recover weight on R foot, Cross L foot over R foot (stepping forward)
- 3 & 4 Rock R foot to right side, Recover weight on L foot, Cross R foot over L foot (stepping forward)
- 5 & 6 Rock forward on L foot, Recover weight on R foot, Step L foot back
- 7 & 8 Cross R foot behind L foot, Turn 1/4 right stepping on L foot, Step R foot next to L foot (6:00)

SHUFFLE FORWARD (2X), CROSS ROCK, RECOVER, SIDE, CROSS ROCK, RECOVER, SIDE

- 1 & 2 Step L foot forward, Step R foot next to L foot, Step L foot forward
- 3 & 4 Step R foot forward, Step L foot next to R foot, Step R foot forward
- 5 & 6 Cross L foot over R foot, Recover weight on R, Step L foot out to left side (long step)
- 7 & 8 Cross R foot over L foot, Recover weight on L, Step R foot out to right side (long step)

CROSSING SHUFFLE, 1/4 MAMBO TURN, CROSSING SHUFFLE, SIDE ROCK, RECOVER, CROSS

- 1 & 2 Cross L foot over R foot, Step R foot to right side, Cross L foot over R foot
- 3 & 4 Rock forward on R foot, Recover weight on L foot, Turn 1/4 right stepping on R foot (9:00)
- 5 & 6 Cross L foot over R foot, Step R foot to right side, Cross L foot over R foot
- 7 & 8 Rock R foot to right side, Recover weight on L foot, Cross R foot over L foot

REPEAT

RESTART:

On the 3rd repetition of the dance, dance through count 16, then restart the dance. You will be facing the 12:00 wall when you restart the dance.