Bim Bam

拍數: 32   **牆數:** 4   **級數:** Beginner

編舞者: Kenny Teh (MY) - March 2009

音樂: Bim Bam - Dancelife

Start dance on vocals (32 counts) after the music starts

KICK TWICE, ROCK, RECOVER, ROCKING CHAIR WITH ¼ TURN LEFT

1 2 3 4	Kick right twice, rock back right, recover left
5 6 7 8	Rock right fwd, recover left, rock right back, recover left

(Do these 4 steps completing ¼ turn left (9.00))

ROCK, RECOVER, ½ TURN RIGHT, ROCK FWD, HOLD, COASTAL ½ TURN RIGHT, HOLD

1 2 3 4	Rock right fwd, recover left, ½ turn right step fwd right, hold (9.00)
5 6 7 8	Step left fwd, ½ turn right step right beside left, step left fwd, hold (3.00)

CHARLESTON

1 2 3 4	Swing right back to front, hold, swing right front to back and step down on right, hold
5 6 7 8	Swing left front to back, hold, swing left back to front and step down on left, hold

OUT, OUT, BACK, BACK, PUSH HIPS ONE COMPLETE CIRCLE

1 2 3 4	Step right diagonally right, step left diagonally left, step back right to centre, step back left to centre
5 6 7 8	Push both hips forward towards left diagonal , push both hips back towards left diagonal, push both hips back towards right diagonal, push both hips forward towards right diagonal

(You should bend both knees when doing counts 5 – 8)

Repeat