

Iddy Bidy Pride

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Pam Cassells (AUS) - January 2012
音樂: Iddy Bidy Pride - Jess Holland : (Album: Introducing Jess Holland)



Start Position: Feet together - with weight on L foot.

Starts on vocals – 32 counts in - Direction: Anti-clockwise

- 1,2 Step R forward, hitch L,
3,4 Step L forward, hitch R,
5,6 Step R to R 45, step L to L45,
7,8 Step R back to centre, step L beside R,*
- 1,2,3,4 Step run back - R, L, R, step L beside R,
5,6 Touch R heel out to R45, step R beside L,
7,8 Touch L heel out to L45, step L beside R,
- 1,2,3,4 Step /rock R to R side, rock/replace weight onto L, step R beside L, hold,
5,6,7,8 Step /rock L to L side, rock/replace weight onto R, step L beside R, hold,
- 1,2,3,4 R camel - step R to R45, step L beside R, step R to R45, touch L beside R,
5,6,7,8 L camel - step L to L45, step R beside L, step L to L45, touch R beside L,
- 1,2,3,4 Vine R - step R to R side, step L behind R, step R to R side, touch L beside R,
5,6,7,8 Vine L - step L to L side, step R behind L, step L to L side, touch R beside L,
- 1,2 Step R back, kick L forward,
3,4 Step L back, kick R forward,
5,6,7,8 Step/rock R back, rock L forward, rock R back, rock L forward (using balls of both feet)
- 1,2 Moving forward - step/cross R over L, point L to L side,
3,4 Moving forward - step/cross L over R, point R to R side,
5,6 Step R back, point L to L side,
7,8 Step L back, point R to R side**
- 1,2 Step/rock R back, rock/step L forward,
3,4 R toe/heel strut - step R toe forward, drop weight onto R heel,
5,6 L toe/heel strut moving forward whilst turning 180 degrees R, (6:00 wall)
7,8 Turning a further 90 degrees R - step R to R side, step L beside R. (9:00 wall)

REPEAT DANCE IN NEW DIRECTION

Restarts:

***Wall 3 - Back wall - dance the first eight (8) counts and restart dance facing the back wall.**

**** Wall 6 - Front wall - dance to count 56 and restart from beginning facing the front wall.**

Finish: Dance to count 55 then turn 90 degrees R on R to face the front and step L beside R.

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