

Black Betty

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Marie Sørensen (TUR) - November 2012
音樂: Black Betty - The Outrageous Glenn Rogers : (Album: Hit The Floor 3 - iTunes)



Intro: 16 Counts - No tags, No restart !

SIDE, BEHIND, BALL CHANGE, SIDE, BEHIND, HOLD, SIDE, CROSS, SIDE, CROSS

1-2 Step right to right side, cross left behind right
&3-4 Step right to right side, cross left over right, step right to right side
5-6 Cross left behind right, hold
&7&8 Step right to right side, cross left over right, step right to right side, cross left behind right
(Weight on left) (12:00)

SIDE, ROCK, CROSS, HOLD, EXTENDED VINE

1-2 Rock right to the right side, recover
3-4 Cross right over left, hold
&5&6 Step left to left side, cross right behind left, step left to left side, cross right over left
&7&8 Step left to left side, cross right behind left, step left to left side, cross right over left (12:00)

¼ TURN RIGHT, STEP BACK, HITCH, STEP BACK, HITCH, SYNCOPATED ROCKIN' CHAIR, WALK, WALK, BALL CHANGE

1-2 ¼ turn right, step back on left, hitch right
3-4 Step back on right, hitch left
5&6& Rock fwd. left, recover, rock back left, recover
7-8& Walk fwd. left, right, step fwd. on left (03:00)

KICK, KICK, SAILOR STEP ½ TURN, KICK, KICK, SAILOR STEP ½ TURN

1-2 Kick right fwd. kick right to right side
3&4 ½ turn right, cross right behind left, step left beside right, step fwd. right (09:00)
5-6 Kick left fwd. kick left to left side
7&8 ½ turn left, cross left behind right, step right beside left, step fwd. left (03:00)

PADDLE ½ TURN LEFT, PADDLE ¾ TURN RIGHT

1&2& Step fwd. right, turn 1/8 left, step fwd. right, turn 1/8 left (Weight on left) (12:00)
3&4 Step fwd. right, turn ¼ left, step fwd. right (Weight on right) (09:00)
5&6& Step fwd. left, turn 1/8 right, step fwd. left, turn 1/8 right (weight on right) (12:00)
7&8 Step fwd. left, ½ turn right, step left to left side (Weight on left) (06:00)

SYNCOPATED JAZZ BOX, CROSS, SIDE, SYNCOPATED JAZZ BOX, CROSS, ¼ TURN LEFT

1-2 Cross right over left, step back on left
&3-4 Step right to right side, cross left over right, step right to right side
5-6 Cross left over right, step back on right
&7-8 Step left to left side, cross right over left, ¼ turn left, step fwd. left (03:00)

SYNCOPATED HIP BUMPS RIGHT, LEFT, STEP, DRAG, STEP, DRAG

1&2 Tap right toe fwd. bump your hips forward, back, forward (Weight on right)
3&4 Tap left toe fwd. bump your hips forward, back, forward (Weight on left)
5-6 Step a big step back right, drag left next to right
7-8 Step a big step back left, drag right next to left (Weight on left) (03:00)

BALL CHANGE, WALK, WALK, HIP BUMPS, CROSS, HIP BUMPS, CROSS, CROSS, HOLD

&1-2 Step right fwd. walk, fwd. left, right

3&4 Tap left toe fwd. bump your hips left, right, cross left over right
5&6 Tap right toe fwd. bump your hips right, left, cross right over left
7-8 Cross left over right, hold (03:00)

Have Fun!

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