

Bim Bam - Rock'n Roll

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Beate Keller (DE) - August 2013
音樂: Bim Bam - Sam Butera



Start: 32 Counts intro - Sequence: 10x 32 Counts, 1x 20 Counts (Ending)

(1-8) STEP R DIAG FWD, HOLD, STEP BESIDE, HOLD, TWIST HEELS L-R-L-R

1-2-3-4 RF step right diag fwd (1:30) (1) – hold(2) - LF step beside RF (3) – hold(4)
5-6-7-8 RF and LF twist heels to L - R - L - R (weight at end on RF)

(9-16) STEP L DIAG FWD, HOLD, STEP BESIDE, HOLD, TWIST HEELS L-R-L-R

1-2-3-4 LF 1/8 turn left and step left diag fwd (10.30) (1) – hold(2) – RF step beside LF(3) – hold(4)
5-6-7-8 RF and LF twist heels to L - R - L - R (weight at end on LF)

(17-24) 1/8 TURN LEFT CHASSE RIGHT, TOUCH, CHASSE LEFT, TOUCH

1-2-3-4 RF 1/8 turn l and step side right - LF step next to RF - RF step side right - LF touch next to RF (9:00)
5-6-7-8 LF step side left - RF step next to LF - LF step side left – RF touch next to LF

(25-32) STEP FWD, HOLD, ½ TURN LEFT, HOLD, STEP FWD, HOLD, ½ TURN LEFT, HOLD

1-2-3-4 RF step fwd(1) – hold(2) - ½ turn left, LF recover(3) – hold(4)
5-6-7-8 RF step fwd(5) – hold(6) - ½ turn left, LF recover(7) – hold(8) (9:00)

Start again

Suggestion for Ending: you will be on the back wall.

(1-12) MONTY R, MONTY L, MONTY R

1-2-3-4 RF touch side right(1) – hold(2) – RF ½ turn right and step next to LF(3) – hold(4) (12:00)
5-6-7-8 LF touch side left(5) – hold(6) – LF ½ turn left and step next to RF(7) – hold(8) (6:00)
1-2-3-4 RF touch side right(1) – hold(2) – RF ½ turn right and step next to LF(3) – hold(4) (12:00)

(1-8) ROCKING CHAIR 2X

1-2-3-4 LF rock step fwd(1) – RF recover(2) – LF rock back(3) – RF recover(4)
5-6-7-8 LF rock step fwd(5) – RF recover(6) – LF rock back(7) – RF recover(8)

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