

Bop-A-Lena

Compte: 24

Mur: 2

Niveau: Beginner

Chorégraphe: Hiroko Carlsson (AUS) - May 2018

Musique: Bop A Lena - Ronnie Self : (iTunes)



When you hear - Oop-scooby-dooby-lena, go-gal-go. Bop-a-lena, bop-a – Dance starts!!

[S1] 2x Side Touch-Together (RL Diagonal), Rock Fwd-Back, Run Back LRL

1 2 Face L diagonal (Facing 11:00 o'clock) touch R to right side, Turn back to 12:00 o'clock step R together

Styling tips – Put your right arm up diagonally R side (1), Put your arms on your hips (2)

3 4 Face R diagonal (Facing 1:00 o'clock) touch L to right side, Turn back to 12:00 o'clock step L together

Styling tips – Put your L arm up diagonally L side (3), Put your arms on your hips (4)

5&6 Rock/step R forward, Recover weight on L

7&8 Run back L-R-L (12:00)

[S2] R Coaster Step, L Shuffle Fwd, Chase Turn Fwd, Run Fwd LRL

1&2 Step R back, Step L next to R, Step R forward

3&4 Shuffle forward L-R-L

5&6 Step R forward, Make a ½ turn left recover weight on L, Step R forward

7&8 Run forward L-R-L (6:00)

[S3] Monterey 1/4R, Monterey 1/4L, Box Step Cross w/ Toe Struts

1 2 Point R to right side, Make a ¼ turn right (on ball of L foot) step R together (9:00)

3 4 Point L to left side, Make a ¼ turn left (on ball of R foot) step L together (6:00)

5&6& Cross/touch R toe over L, Drop R heel, Step/touch back L toe, Drop L heel

7&8 Step/touch R toe to right side, Drop R heel, Cross L over R

Tag: End of Wall 2 (12:00) and Wall 5 (6:00) - Add 1 count

1& Face L diagonal touch R to right side, Touch R together

Styling tips - Put your R arm up diagonally R side (1), Put your arms on your hips (&)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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