The Bobble

Compte: 32	**Mur:** 4	**Niveau:** Improver / Intermediate	

Chorégraphe: Dick Rogers (USA) & Nancy Rogers (USA) - March 2019

Musique: Sweet Mama - The Respectables

Alt. music: Road Runner (Microwave Dave & The Nukes) [123 bpm]; Tulsa Time (Don Williams) [105 bpm]

NOTE: Guaranteed to be fun and to make you (and the audience) laugh!

COASTER FWD, COASTER BACK, SHORTY GEORGE

1-2	Step LF fwd (1), step RF beside LF (&), step LF back (2)
3-4	Step RF back (3), step LF beside RF (&), step RF fwd (this step fwd can also be done as the first walk of a Shorty George by rolling knees to R as the RF steps fwd) (4)
5-8	Shorty George walks fwd L,R,L,R (try throwing in hand gestures for extra fun and laughs)

SAMBA TURN L, VINE R WITH ¼ TURN L AND HEEL TOUCH FWD

a1a2	Samba step around a full turn in a small circle: Raise LF heel and turn LF to L and twist upper body to L (a), small LF step ¼ L (1), bring RF to heel of LF (third position) and transfer weight to RF while raising heel of LF off floor (a), small LF step ¼ L (2)
a3a4	Raise LF heel and turn LF to L and twist upper body to L (a), small LF step ¼ L (3), bring RF to heel of LF (third position) and transfer weight to the RF while raising heel of LF off floor (a), small LF step ¼ L (4) (this should complete the full turn L ending with weight on the LF)
5-8	Step RF to R (5), step LF behind RF (6), turn ¼ L and step back on RF (7), extend L leg fwd and touch heel of LF on floor with only enough weight to balance (8) (Tip: lean back to prevent weight transfer to LF; extend L arm back & R arm fwd & turn head & chest slightly L)

CHANGING RHYTHM WALKS FWD (TOE, HEEL, TOE, HEEL, WALK, WALK, SHUFFLE)

1-2	Lift heel of LF and transfer weight fwd onto ball of LF by leaning body fwd (DO NOT move RF or arms) (1), drop LF heel and transfer full weight to LF (DO NOT swing arms) (2)
3-4	Step fwd on ball of RF and swing L arm fwd and R arm back (3), drop heel of RF (4)
5-6	Step fwd LF (5), step fwd RF (6) (swing arms as in a normal walk)
7&8	Shuffle fwd (L,R,L) (7&8)

STEP, TOUCH, STEP, STEP AND POSE, BOBBLE HEAD

1-2	Step RF to R (1), touch LF beside RF (2)
3-4	Step LF to L (3), step RF beside LF with equal weight and pose and freeze (be creative, but as an example, put hands on hips and then freeze body) (4)
5&6&7&8	Now for the most fun part: Freeze pose and bobble head any way you want for 4 counts (be creative; OR, do the same bobble as a group if done as a precision show dance - LoL - precision show dance?!)

START OVER

VARIATION: TRY SLOW MOTION WALKS FWD TO OCCASIONALLY REPLACE THE CHANGING RHYTHM WALKS

&1-2	Transfer weight fwd onto heel of LF (keep L toe raised) (&), roll fwd onto flat LF and release heel of RF off floor (start slow motion swing of arms as in normal walk; also, move head and eyes slowly) (1), lift RF off floor and slightly fwd while still in air (arms should be passing in opposite directions but opposite one another at sides at this point) (2)
3-4	Move RF slow fwd past L knee (continue slowly moving L arm fwd and R arm back; all other body movements should be slow) (3), step fwd on heel of RF keeping RF toe high off floor (arms should be fully fwd and back) (4)

5-6	Slowly drop toe of RF to flat with weight fwd and release heel of LF from floor (start slow swing of arms so R arm is starting to move fwd and L arm back (5), lift LF off floor and slightly fwd while still in air (arms should be passing in opposite directions but opposite one another at sides at this point) (6)
7-8&	Move LF slow fwd past R knee (continue slowly moving R arm fwd and L arm back; as well, all other body movements should be slowmo) (7), step fwd on heel of LF keeping LF toe high off floor (arms should be fully fwd and back at this point) (8), quickly drop LF to flat and finish swing of arms (&)

(updated April 2019)

(1) Shorty George instructional video by Robert Royston: https://www.youtube.com/watch?v=fAcBBxrpx-4
(2) Slow motion walk instructional video by Mihran Kirakosian:
https://www.youtube.com/watch?v=mwOd7WRUxlw

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