B.B. Boogie



拍数: 32 墙数: 4 级数: Beginner

编舞者: Jan Brookfield (UK) - February 2018

音乐: "Badly Bent" by J.P. Harris & The Tough Choices, 122 BPM



(Please note this is NOT the same song as The Tractors' song by the same name)

Dance starts on vocals.

Section 1: CHASSE RIGHT, ROCK BACK, RECOVER; WEAVE LEFT (SIDE, BEHIND, SIDE, IN FRONT)

1&2,3,4 Step R to right side, close L to R, step R to right side; rock L back, recover onto R Step L to left side, step R behind L, step L to left side, step R across in front of L

Section 2: CHASSE LEFT, ROCK BACK, RECOVER; 1/4 MONTEREY TURN RIGHT

9&10,11,12 Step L to left side, close R to L, step L to left side; rock R back, recover onto L

13,14 Point R to right side, making a quarter turn right step on R in place

15,16 Point L to left side, step on L in place (3 o'clock)

Section 3: ROCK BACK, RECOVER, KICK-BALL-CHANGE, ROCKING CHAIR

17,18,19&20 Rock R back, recover onto L; kick R forward, rock back onto ball of R, step L in place

21,22,23&24 Rock R forward, recover onto L; rock R back, recover onto L

Section 4: SHUFFLE FORWARD, PIVOT ½ TURN, SHUFFLE FORWARD, STOMP OUT TO SIDE x 2

25&26,27,28 Shuffle forward on R,L,R, step L forward, pivot half turn right shifting weight onto R

29&30 Shuffle forward on L,R,L

31,32 Stomp R out to right side, stomp L out to left side (9 o'clock)

NB: ENDING: the song slows down at the end ... feel free to improvise!