Bare Teddy

拍数: 32

级数: Experienced Beginner



音乐: The Door - Teddy Swims

NO TAGS OR RESTARTS

#32 count intro - start with weight on left foot.

CROSS SIDE BEHIND SIDE, CROSS ROCK, CHASSE

- 1,2 3,4 Cross right over left, step to left side, cross right behind left, step left to left side,
- 5,67&8 cross right over left, recover weight on left, chasse to the right stepping right, together right.

CROSS SIDE BEHIND SIDE, CROSS ROCK, CHASSE

- 1,2,3,4, Cross left over right, step right to right side, cross left behind right, step to right side,
- 5,6,7&8 cross left over right, recover weight on right, chasse to the left, stepping left, together, left. (12)

WALK 2 3 KICK, BACK 2 3 TOUCH

- 1,2,3,4, Walk forward right, left, right kick left foot
- 5,6,7,8, Walk back left, right, left, touch. (12)

SIDE HOLD AND SIDE TOUCH, TURN HOLD AND SIDE SCUFF

- 1,2 & 3,4, Step to the right, hold, close left next to right (&) step to the right, touch left toe next to right
- 5,6 & 7,8 Make a sharp quarter turn left to face 9, stepping out to the left side, hold, close right next to left (&) step to the left side, and scuff right over left, to start the dance again. (9)

This dance was inspired by Ria Vos''I showed you the door'. It's designed to teach beginners how to do 'side hold, ball side steps' in a simple routine Option in section 1 to do 'heel grinds' on count 1 and 5 - in line with Ria's dance.

Enjoy!

Last Update - 18 May 2o25 - R1





墙数: 4