

# Bye Bye Bye

**COPPER KNOB**  
STEPSHEETS

拍数: 0      墙数: 1  
编舞者: Angela Bacon (USA)  
音乐: Bye, Bye, Bye - \*NSYNC



Sequence: AB, Tag, AB, Tag, CB, End

Dance Starts 16 counts after they sing "Bye, Bye, Bye" in the introduction.

## PART A

### RIGHT KICK-STEP, LUNGE RIGHT-LEFT, TOE TOUCHES WITH CROSS

- 1&2      Kick right foot forward, bend right knee bringing foot in, step right foot to right side  
3&4      Bend right knee lunging to right side, straighten legs, bend left knee lunging to left (weight on left)  
5&6      Swivel heels to right and touch right toe back to right on a 45 degree angle, as you swivel heels to center bring right knee up, step right foot over left  
7&8      Swivel heels to left and touch left toe back to left on a 45 degree angle, as you swivel heels to center bring left knee up, step left foot over right

### BASKETBALL PIVOTS, BRUSH STEP, BODY ROLL TO THE LEFT

- 1&2      Pivot  $\frac{1}{4}$  turn to left on ball of left foot and touch right toe to right side, pivot  $\frac{1}{2}$  turn to right on ball of left foot, step on right foot with feet shoulder width apart  
3&4      Pivot  $\frac{1}{2}$  turn to right on ball of right foot and touch left toe to left side, pivot  $\frac{1}{2}$  turn left on ball of right foot, turn  $\frac{1}{4}$  left on ball of right foot and place weight on left foot (facing original wall)  
5&6      Brush right foot forward, bend right knee slightly, step right foot to right side with feet shoulder width apart  
7-8      Body roll to the left

### KICK-CROSS-STEP, SIT & UP, SHUFFLE ACROSS, STEP, STEP

- 1&2      Kick right foot forward angling body  $\frac{1}{8}$  turn to left, step right foot over left, step back on left foot (feet are shoulder width)  
3&4      Bend knees, as you straighten legs slightly bring hips forward slightly, straighten legs (weight on left)

**Styling: on counts 3&4, place hand on thighs**

- 5&6      As you turn  $\frac{1}{8}$  to left cross right foot over left, step left to left side, cross right foot over left  
7-8      Turn  $\frac{1}{4}$  turn to left and step left, right (weight on right)

### ROCK & RECOVER, WALK, WALK, ROCK & TURN, STEP, CROSS

- 1&2      Rock forward onto left foot, step back on right foot, step left foot next to right (weight on left)  
3-4      Walk forward right, left  
5&6      Rock forward onto right foot, step back on left foot, turn  $\frac{1}{2}$  right and step right foot forward  
7-8      Step left foot forward, step right foot over left

### UNWIND, SIDE-ROCK-STEP, OUT & KICK (2X)

- 1-2      On ball of left foot, unwind full turn left (weight on left)  
3&4      Step right foot to right side leaning slightly to right, step on left foot in place, step right foot next to left  
5&6&      Jump feet apart to shoulder width, jump feet together, kick left foot forward, step left foot in place  
7&8&      Jump feet apart to shoulder width, jump feet together, kick right foot forward, step right foot in place (weight on left)

**Styling: on counts 5-8, hands should be in fists. Bring them out slightly as you jump out and punch forward as you kick.**

## **BACK RIGHT,LEFT, ROCK & STEP, BEND & BACK, PUNCH ACROSS & DOWN**

- 1-2 Step back right, left
- 3&4 Rock back onto right foot, rock forward on left foot, step right foot next to left
- 5&6 Bend knees, straighten knees and lean to right and slightly back, throw head back slightly
- 7&8 Punch right fist across chest to left, bring right arm across chest to right (elbow is bent), punch right fist down to right side

## **PART B**

### **KICK & TOUCH & TOUCH & TOUCH, KICK & TOUCH & TOUCH & TOUCH**

- 1&2 Kick right foot forward, step right foot next to left, touch left toe to left side
- &3&4 Step left foot next to right, touch right toe to right side, step right foot next to left, touch left toe to left side
- 5&6 Kick left foot forward, step left foot next to right, touch right toe to right side
- &7&8 Step right foot next to left, touch left toe to left side, step left foot next to right, touch right toe to right side (weight on left)

**Styling: hands should be in fists. Punch forward as you kick and out to side as you do toe touches**

### **BACK RIGHT,LEFT, ROCK & STEP, CLAP-CLAP-DOWN, SHOULDERS UP**

- 1-2 Step back right, left
- 3&4 Rock back onto right foot, rock forward on left foot, step right foot next to left (feet should be shoulder width apart)
- 5&6 Clap hands twice, bends knees and place hands on thighs
- 7&8 Straighten legs gradually as you raise shoulders left-right-left

### **KICK & TOUCH & TOUCH & TOUCH, KICK & TOUCH & TOUCH & TOUCH**

- 1&2 Kick right foot forward, step right foot next to left, touch left toe to left side
- &3&4 Step left foot next to right, touch right toe to right side, step right foot next to left, touch left toe to left side
- 5&6 Kick left foot forward, step left foot next to right touch right toe to right side
- &7&8 Step right foot next to left, touch left toe to left side, step left foot next to right, touch right toe to right side (weight on left)

**Styling: hands should be in fists. Punch forward as you kick and out to side as you do toe touches**

### **BACK RIGHT,LEFT, ROCK & STEP, CLAP-CLAP-DOWN, SHOULDERS UP**

- 1-2 Step back right, left
- 3&4 Rock back onto right foot, rock forward on left foot, step right foot next to left (feet should be shoulder width apart.)
- 5&6 Clap hands twice, bends knees and place hands on thighs
- 7&8 Straighten legs gradually as you raise shoulders left-right-left

## **PART C**

### **MODIFIED SHUFFLES FORWARD, ROGER RABBITS BACK**

- &1&2 Raise right knee, step right foot over left, rock onto left foot, rock forward on right foot (weight on right)
- &3&4 Raise left knee, step left foot over right, rock onto right foot, rock forward on left foot (weight on left)
- &5 Scoot left foot back while kicking right foot straight back, hook right foot behind left (put weight on right)
- &6 Scoot right foot back while kicking left foot straight back, hook left foot behind right (put weight on left)
- &7&8 Scoot left foot back while kicking right foot straight back, hook right foot behind left, step forward on left, back on right

**Styling: on counts 1-4, arms should be bent at sides. As you raise your knee raise arm slightly, drop arms slightly as you step down.**

### **MODIFIED SHUFFLES FORWARD, ROGER RABBITS BACK**

- &1&2            Raise left knee, step left foot over right, rock onto right foot, rock forward on left foot (weight on left)
- &3&4            Raise right knee, step right foot over left, rock onto left foot, rock forward on right foot (weight on right)
- &5               Scoot right foot back while kicking left foot straight back, hook left foot behind right (put weight on left)
- &6               Scoot left foot back while kicking right foot straight back, hook right foot behind left (put weight on right)
- &7&8            Scoot right foot back while kicking left foot straight back, hook left foot behind right, step forward on right, back on left

**Styling: on counts 1-4, arms should be bent at sides. As you raise your knee raise arm slightly, drop arms slightly as you step down.**

#### **CROSS, HOLD, ROCK, ROCK, CROSS, HOLD, ROCK, ROCK**

- 1-2               Cross right foot over left, hold (weight on right)
- 3-4               Rock weight to left foot, then right foot (weight on right)
- 5-6               Cross left foot over right, hold (weight on left)
- 7-8               Rock weight to right foot, then left foot (weight on left)

**Styling: as you step across, hands should be palms down. Fan them out slightly on the holds**

#### **CROSS, HOLD, ROCK, ROCK, WALK, WALK, OUT, TOES, HEELS**

- 1-2               Cross right foot over left, hold (weight on right)
- 3-4               Rock weight to left foot, then right foot (weight on right)
- 5-6               Turning ½ turn to left walk forward left, right (5, 6)
- 7&8               Step left foot to left side, swivel toes to center, swivel heels to center

**Styling: on counts 1-4, as you step across, hands should be palms down. Fan them out slightly on the holds**

#### **WALK, WALK, TAP-SCOOT-STEP, TOE TOUCHES**

- 1-2               Walk forward right, left
- 3&4               Tap right toe behind left heel, scoot back on left foot, step back on right foot (weight on right)
- 5&6               Touch left toe to left side, step left foot next to right, touch right toe to right side
- &7&8            Step right foot next to left, touch left toe to left side, bring left knee across right leg, touch left toe to left side (weight on right)

#### **PENCIL TURN, SIDE-ROCK-STEP, KICK, TURN, SLIDE**

- 1-2               Slide left foot in as you pivot 1 full turn to left on ball of right foot (weight on left)
- 3&4               Step right foot to right side leaning slightly to right, step on left foot in place, step right foot in front of left (weight on right)
- 5-6               Kick left foot forward, pivot ½ turn to left on ball of right foot and step left foot forward with knees slightly bent (weight on left)
- 7-8               Slide right foot up next to left (weight on left)

#### **TAG**

- 1-2               Step right foot to right, touch left next to right
- 3-4               Step left foot to left, touch right next to left

#### **END**

**Dance will end with Part B. Once you have completed B, keep hands on thighs and swivel toes out and in, bowing head as toes come in to end dance.**

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