Let's Go Bob

拍数: 32

级数: Improver (Polka Rhythm)

编舞者: Miquel Menéndez (ES) - June 2011

音乐: The Right to Remain Silent - Doug Stone

[1-8] ROCK STEP FORWARD, SHUFFLE FORWARD, ROCK STEP FORWARD, ½ TURN, TOE

- 1-2 Rock forward on Right. Rock back on Left.
- 3&4 Right foot shuffle to the Right, Left foot beside Right foot, Shuffle Right to side
- 5-6 Rock forward on Left. Rock back on Right.
- 7-8 On Right ½ turn Left and Left forward, Touch Right next to Left [6]

[9-16] ¾ TURN WITH TOES, STOMP, SHUFFLE FORWARD, STOMP, KICK

- 1-2 On Left ¼ turn Left and Right point [3], On Left ¼ turn Left and Right point [12]
- 3-4 On Left ¹/₄ turn Left and Right point [9], Right stomp up next to Left [9]
- 5&6 Right shuffle forward stepping Right. Left. Right.
- 7-8 Left stomp up next to Right Left kick forward

[17-24] STEP, TOE, HEEL, TOE, STEP, KNEE POPS TWICE

- 1-2 Left step backward, Cross Right toe touch over Left
- 3-4 Right heel forward Right touch backward
- 5&6 Step Right to Right side, Bounce heels up with knee pops Bounce heels down with knee pops
- &7-8 Bounce heels up with knee pops Bounce heels down with knee pops (weight on Left) Step Right foot together [9]

[25-32] STEP, KNEE POPS TWICE, STEP, MONTEREY TURN

1&2 Step Left to Left side, Bounce heels up with knee pops - Bounce heels down with knee pops

- &3-4 Bounce heels up with knee pops Bounce heels down with knee pops (weight on Right) Step Left foot together
- 5-6 Touch Right toe to the Tight, ½ turn Right [3]
- 7-8 Touch Left toe to the Left, Left foot together [3]

Start Again

TAG At end of wall 4 (facing 12 o"clock)

HEEL X3, HOOK

- 1&2 Right heel forward, Right foot together, Left heel forward
- &3-4 Left foot together, Right heel forward, Cross Right hook over Left leg

Translation to English by Eddie Utah





墙缘

墙数:4