

Kung Fu Panda

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nancy Hins (CAN) - May 2024
音樂: ...Baby One More Time (from Kung Fu Panda 4) - Tenacious D



Intro : 12 counts

Restarts : 2, during Wall 3 and 6, after 16 counts, facing 3:00 and 6:00.

Tag : No.

Final : Wall 11 is the last one and starts facing 6:00. Do the first 8 counts than add the final :

Pivot 1/2 L Turn with RF, Kick left leg and punch right arm, Voilà!

Sec 1 Rock Step forward, Shuffle back, Rock back, Shuffle forward

1-2 Rock RF forward (1), Recover on LF (2)
3&4 RF back (3), Lock LF in front of RF (&), RF back (4)
5-6 Rock back on LF (5), Recover on RF (6)
7&8 LF forward (7), Lock RF behind LF (&), LF forward (8) (12h)

Sec 2 Side, Touch, 1/4 L Turn, Touch, Heel Switches R, L, R, Clap, Clap

1-2 RF to right side (1), Touch LF next to RF (2)
3-4 Turn 1/4 L on LF (3), Touch RF next to LF (4) (w.o.LF) (9:00)
5&6& R heel forward (5), Recover on RF (&), L Heel forward (6), Recover on LF (&)
7&8 R Heel forward (7), Clap hands (&), Clap hands (8)

**** The 2 Restarts will be at this point facing 3:00 (during wall 3) and 6:00 (during wall 6)

Sec 3 Forward, Hook behind, Recover, Hook in front, Walk, Walk, Shuffle forward

1-2 RF forward (1), Hook LF behind RF (2)
3-4 LF back (3), Hook RF in front of LF (4)
5-6 Walk forward RF (5), Walk forward LF (6)
7&8 RF forward (7), Lock LF behind RF (&), RF forward (8)

Sec 4 Rock side & Forward X2, Rock Side left, Triple Steps

1&2 Rock LF to left (1), Recover on RF (&), LF forward (2)
3&4 Rock RF to right (3), Recover on LF (&), RF forward (4)
5-6 Rock LF to left side (5), Recover on RF (6)
7&8 Triple Steps on the spot : LF (7), RF (&), LF (8) (w.o. LF) (9:00)

Enjoy!

AreaVog - Le studio de danse en ligne urbaine

www.areavog.ca

May 2024