Truck Bed



拍數: 48 牆數: 4 級數: High Intermediate

編舞者: Imogen Collom & Olivia Lewis - July 2024

音樂: TRUCK BED - HARDY



Intro: 48 Counts. Start at approx 22 secs.

1-2	Step right forward,	step left forward
1 4	Olop right forward,	JUD ICIL IOI WAI U

Rock right back, recover weight onto left, step right back sweeping left from front to back

Step left back sweeping right from front to back, step right back sweeping left from front to

back

7&8 Step left behind right, step right to right, cross left over right

SEC 2 1/4 SWEEP, TOUCH, POINT SWITCHES, 1/4 STEP, 1/2 BACK, 1/2 STEP, SIDE, HIP ROLL

1-2 Turn ¼ left sweeping right from back to front, touch right beside left (9:00)

3&4 Point right to right, step right beside left, point left to left

5-6 Turn ½ left step left forward, turn ½ left step right back (12:00)

&7-8 Turn ½ left step left forward, step right to right, roll hips clockwise from right to left (6:00)

Restart Here on Wall 5

SEC 3 BODY ROLL, ARMS, JUMP, OUT, OUT, DIP, 1/4 STEP

1	Body roll down from head to toe ending with knees bent
2&	Place right hand on left knee, place left hand on right knee

3-4 Lift both hands up to respective sides beside head hands in fists, jump feet together

5-6 Step right to right, step left to left

Arms Circle right arm down left side of face, circle left arm down right side of face

7-8 Bend both knees, pivot ¼ left stepping right beside left (3:00)

SEC 4 1/4 STEP, 1/2 BACK, 1/2 STEP, STEP, OUT, OUT, TOGETHER, HIP PUSH

1-2 Turn ¼ left step left forward, turn ½ left step right back 3-4 Turn ½ left step left forward, step right forward (12:00))

5-6 Snake roll left leading with head step left to left, step right to right 7-8 Step left beside right pushing hips back, push hips forward

Arms Reach both arms forward, pull both arms back

Restart Here on Wall 3 and 6

SEC 5 1/4 SIDE, KICK BALL CROSS, SIDE, SNAKE ROLL, TOUCH, 1/4 COASTER STEP

1-2 Turn ¼ left step right to right, kick left to left (9:00)
&3-4 Step left beside right, cross right over left, step left to left
5-6 Snake roll left leading with head, touch right beside left

7&8 Turn ¼ right Step right back, step left beside right, step right forward (12:00)

SEC 6 % PADDLE X2, KICK, TOUCH BEHIND, ½ UNWIND, STEP, LOCK, FULL UNWIND TURN

1-2 Turn ½ right point left to left, Turn ½ right point left to left (3:00)

3-4 Kick left forward, touch left behind right

5-6 Unwind ½ left keeping weight on right, step left forward (9:00)
7-8 Lock right behind left, unwind full right transferring weight on to left

Submitted by: Stacey Amos - Email: Serenstacey@googlemail.com