

Shimmy Shimmy Cocoa Bop

COPPER KNOB
STEPPERS

拍數: 60 牆數: 2 級數: Improver
編舞者: Hal Hill (USA)
音樂: Be Bop a Lula - Scooter Lee



VINE RIGHT, KNEE BOPS

- 1-4 Step right to right side, cross left behind right, step right to right side, touch left beside right
5-8 Change weight to left to right to left to right while doing knee bops

STEP AND TURN, KICK BALL CHANGE, STEP AND TURN

- 1-2 Step left foot forward on 1, hold on 2
3-4 Turn ½ turn to the right
5&6 Kick left foot forward, step on left foot, change weight to right
7-8 Step left foot forward, turn ½ turn to the right

SHIMMY TO LEFT AND SHIMMY TO RIGHT

- 1-2 Step left foot to left side while bending knees slightly and shimmy
3-4 Shimmy to left while bringing right foot beside left
5-6 Step right foot to right side while bending knees slightly and shimmy
7-8 Shimmy to right while bringing left foot beside right

VINE LEFT, KNEE BOPS

- 1-4 Step left foot to left side, cross right behind left, step left to left side, touch right beside left
5-8 Change weight to right to left to right to left while doing knee bops

STEP AND TURN, KICK BALL CHANGE, STEP AND TURN

- 1-2 Step right foot forward on 1, hold on 2
3-4 Turn ½ turn to the left
5&6 Kick right foot forward, step on right foot, change weight to left
7-8 Step forward on right, make ½ turn to left

TRIPLE STEP, ROCK STEP, TRIPLE STEP, ROCK STEP

- 1&2 Step forward on right, change weight to left, change weight to right
3-4 Step forward on left, rock back on right
5&6 Step back on left, change weight to right, change weight to left
7-8 Step back on right, rock back on left foot

TRIPLE STEP, STEP AND TURN, TRIPLE STEP, STEP AND TURN

- 1&2 Step forward on right, change weight to left, change weight to right
3-4 Step forward on left, make ½ turn to right
5&6 Step forward on left, change weight to right, step on left
7-8 Step forward on right, make ½ turn to left

¼ TURN LEFT

- 1 Step right foot in front of left
2 Make ¼ turn left
3-4 Stomp right foot beside left and clap

REPEAT