

Bye, Bye, Bye

COPPER KNOB
STEPPERS

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Sherry Palencia (USA) & Marina Palencia (USA)
音樂: Bye, Bye, Bye - *NSYNC



INTRO

There are an optional 4 counts if you start on the vocal "Hey, Hey" is uttered. If you start 4 counts after the vocal begins, skip these 4 counts.

1-2 Cross right leg in front of left with weight on right foot, unwind half turn and stamp left foot
3&4 Shrug shoulders up/down three times

JUMP OUT & IN, LEAN FORWARD AND STOMP, REVERSE CHARLESTON, BODY ROLLS

Begin after vocal, "bye, bye, bye"

1& Jump out, jump in
2 Lift extended right leg forward approx. One foot off floor /extend right arm, hand in a fist, with fingers and thumb facing left, parallel to extended right foot.
&
3 Lean forward
3 Fall onto right leg
4 Stamp left foot beside right foot

5&6 Rock back on right leg, rock forward on left, step forward on right leg
7&8 Rock forward on left leg, rock back on right, step back on left leg

1&2 Using left foot as a pivot, move right foot ¼ turn to left, rotating hips as you turn
3-8 Repeat three more times /you are now facing original wall

PART A

SKATE RIGHT, SKATE LEFT, SKATE RIGHT TWICE, KICK TURN ¼ RIGHT, KICK ½ TURN, 2 FORWARD MAMBO STEPS

1& Right step side right, tap left foot
2& Left step side left, tap right foot
3& Right step side right, left step next to right
4& Right step side right, left step next to right
5& Left step side left, tap right foot
6& Right step side right, tap left foot
7& Left step side left, right step next to left
8& Left step side left, right step next to left
9&10 Kick right foot diagonally left, turn ¼ right, stamp right, stamp left next to right
11&12 Kick right toe forward, pivot sharply on ball of right foot ½ to right
13&14 Rock forward on left foot, rock back on right, step left foot in place.
15&16 Rock back on right foot, rock forward on left, step right foot in place

PART B

BOUNCE RIGHT, BOUNCE LEFT, KICK STEP, KICK BALL CHANGE, 2 SIDE ROCKS, JUMP AND TURN

1&2 Large bouncing step diagonally right with right foot. Close with left foot
3&4 Large bouncing step diagonally left with left foot. Close with right foot
Both hands are palms up on either side, with elbows bent
5-6 Kick right leg out angled left, with foot pointed up, step right foot in place
7&8 Kick left foot straight ahead, step left foot in place, step on right foot
9&10 Left foot rocks to left side and returns
11&12 Right foot rocks to right side and returns

- 13&14 Jump out, (right foot to right side, left foot to left), jump in, crossing left foot over right, unwind half turn to right
- 15&16 Bend forward with right arm extended to side, bounce heels three times with right hand moving forward directly in front of you on the words, "bye, bye, bye".

Hand position during bounce: right index finger and thumb form a right angle, with palm down

PART C

REVERSE CHARLESTON, 2 HIP ROLLS

- 1&2 Rock back on right leg, rock forward on left, step forward on right leg
- 3&4 Rock forward on left leg, rock back on right, step back on left leg
- 5&6 Using left foot as a pivot, move right foot ¼ to left, rotating hips as you turn
- 7&8 Repeat one more time.

You have completed ½ turn.

ENDING

SKATE RIGHT, SKATE LEFT, BOUNCE BYE BYE BYE, RAISE ARM

- 1& Right step side right, tap left foot on "&"
- 2& Left step side left, tap right foot on "&"
- 3&4 Lean body to right and bounce hand in "bye, bye, bye" position to front three times
- 5&6 Bend elbow and push arm up with fisted hand.

The Sequence of the dance is:

INTRO

PART A TWICE

PART A AGAIN EXCEPT REPLACE COUNTS 15&16 WITH

- 15&16 Extend right arm to right side with only thumb and forefinger positioned to form a right angle with palm down, lean body to right and bounce hand to front of body three times to the words, "bye, bye, bye".

PART B TWICE

PART C

PART A TWICE

PART A THROUGH COUNT 10, THEN

- 11&12 Kick right toe forward, pivot sharply ½ turn to right, lean body to right and bounce hand to front of body 3x's to the words, "bye, bye, bye" (use same hand position as before.)

PART B TWICE

PART A FIVE TIMES

ENDING

For a video copy of this dance, send email to s2step@aol.com
