

Bones

拍數: 32 牆數: 2 級數: Beginner
編舞者: William Sevone (UK)
音樂: Bad To The Bone - George Thorogood



2X KNEE BEND-HIP BUMP, KNEE BEND, KICK (12:00)

- 1-2 Bend knees slightly forward, straightening up - bump hips to the right
- 3-4 Bend knees slightly forward, straightening up - bump hips to the left
- 5-6 Bend knees slightly forward, straightening up - kick right foot slightly to the right
- 7 Step right foot next to left bending knees slightly forward
- 8 Straightening up - kick left foot slightly to the left

KNEE BEND, KICK, 2X KICK BACK STEP, STEP FORWARD, PIVOT ½ RIGHT (6:00)

- 9-10 (Large step) cross step left foot behind right, step onto right foot

There will be a natural bend to the knees during the above two counts

- 11&12 Kick left foot forward, step left foot backward, step onto right foot
- 13&14 Kick left foot forward, step left foot backward, step onto right foot
- 15-16 Step forward onto left foot, pivot ½ right (weight on right)

STEP FORWARD, PIVOT ½ RIGHT, SIDE STEP, HIP BUMPS LEFT, HIP BUMPS RIGHT, TOGETHER (12:00)

- 17-18 Step forward onto left foot, pivot ½ right (weight on right)
 - 19 Step left foot slightly to left side
 - 20-21 While transferring weight fully to left foot - bump hips twice to the left
 - 22-23 While transferring weight fully to right foot - bump hips twice to the right
- On counts 20-23, the rise and fall technique to be used**
- 24 Step left foot next to right

2X STEP FORWARD-PIVOT ¼ LEFT-TOGETHER-CLAP OR SNAP (6:00)

- 25-26 Step right foot forward, pivot ¼ left (weight on left)
- 27-28 Step right foot next to left (no weight), clap hands or hip level finger snap
- 29-30 Step right foot forward, pivot ¼ left (weight on left)
- 31-32 Step right foot next to left, clap hands or hip level finger snap

REPEAT
