

Bingo Bango

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Zandra Varnham (SCO)
音樂: Bingo Bango - Basement Jaxx



ROCK RECOVER CHASSE, ROCK RECOVER CHASSE ¼ TURN RIGHT

- 1-2-3 Rock right to right side, rock back on left, recover forward on right
- 4&5 Step left to left side, step right next to left, step left to left side
- 6-7 Rock forward right, recover back on left
- 8&1 Step right to right side, step left next to right, ¼ turning right step right forward

STEP ½ TURN, TRIPLE ½ TURN, ROCK RECOVER, KICK AND POINT

- 2-3 Step forward left, leaving feet where they are, half pivot turn over right shoulder (weight on right)
- 4&5 Triple turn ½ turning right stepping left right left
- 6-7 Rock back on right, recover forward on left
- 8&1 Kick right forward, step right in place, point left out to left side (no weight)

LEFT SAILOR, RIGHT SAILOR, CROSS BEHIND, UNWIND, ROCK AND RECOVER, STEP RIGHT

- 2&3 Rock left behind right, recover down on to right, step left foot to left side
- 4&5 Rock right behind left, recover down onto left, step right foot to right side
- 6-7 Cross left behind right, unwind ½ turn over left shoulder (weight on left)
- 8&1 Rock right in front of left, recover weight back onto left, step right to right side

CROSS LEFT, STEP RIGHT, LEFT SAILOR, CROSS RIGHT, STEP LEFT, ROCK BACK ON RIGHT, RECOVER FORWARD ON LEFT

- 2-3 Cross left over right, step right to right side
- 4&5 Rock left behind right, recover weight onto right and step left to the left side
- 6-7 Cross right over left, step left to the left side
- 8& Rock back on right, recover forward on left

REPEAT
