

B Bop

拍數: 48 牆數: 2 級數: Intermediate
編舞者: The Buffalo Girls
音樂: At the Hop - Danny & The Juniors



THE BOP

- 1 Fan right toe left while sliding left toe in front of right foot (weight on right heel)
- 2 Bring both feet back to shoulder width apart (weight both feet)
- 3 Fan left toe right while sliding right toe in front of left foot (weight on left heel)
- 4 Bring both feet back to shoulder width apart (weight on both feet)
- 5-16 Repeat counts 1-4 three more times

Styling note: On counts 1, 3, 5, and 7, bring hands up and snap fingers. On counts 2, 4, 6, and 8 drop hands.

THE STOMP

- 17 Stomp forward with left foot
- 18 Step in place with right foot
- 19 Step next to right foot with left foot
- 20 Step in place with right foot
- 21-24 Repeat counts 17-20

THE CHICKEN (BUFFALO WINGS)

The following steps should imitate a chicken prancing around the barnyard and are performed a) with right hand placed near right armpit, left hand placed near left armpit and elbows out to side, b) moving elbows up and down (flapping) like chicken wings, c) with knees bent and moving in & out

When dancing to "205" replace above "Chicken" movements with "boogie woogie" styling.

- 25 Step in place onto ball of left foot
- 26 Step in place onto ball of right foot
- 27 Step in place onto ball of left foot
- 28 Step in place onto ball of right foot
- 29-32 Repeat counts 25-28

THE STROLL

- 33 Step forward with left foot
- 34 Slide right foot forward behind left foot and lock
- 35 Step forward with left foot
- 36 Hold
- 37 Step forward with right foot
- 38 Slide left foot forward behind right foot and lock
- 39 Step forward with right foot
- 40 Hold

THE GROOVE

- 41 Step back onto ball of left foot
- 42 Step back down onto heel of left foot, snap fingers
- 43 Step back onto ball of right foot
- 44 Step down onto heel of right foot, snap fingers
- 45 Step back onto ball of left foot
- 46 Step down onto heel of left foot, snap fingers
- 47 Step across left foot with right toe
- 48 Pivot ½ turn left onto right foot (weight right)

REPEAT

