Fun For All

拍數: 32

級數: Ultra Beginner

編舞者: Sue Ann Ehmann (USA) - July 2014

音樂: Down In the Boondocks - Billy Joe Royal

This was written as a dance that could be done to lots of different songs – from oldies to current, country to pop.

It is especially for beginner dancers who are just learning but still want to dance when they hear fun music. It can be done to all different tempos, from slower to faster.

Try it to your favorite tunes! Here are a few suggestions covering a variety of decades as well as music styles:

"California Dreamin" by The Mamas and the Papas BPM: 113
"Shoo-Fly Pie and Apple Pan Dowdy" by Kim Keyes BPM: 133
"Who Put the Bomp" by Barry Mann (or other artists)
"Let's Dance" by Chris Montez BPM: 153
"Happy" by Pharrell Williams BPM: 160
"Boys Will Be Boys" by Paulina Rubio BPM: 133
"Bottoms Up" by Brantley Gilbert BPM: 85
"Blurred Lines" by Robin Thicke ft.Pharrell Williams BPM: 120

[1-8] SIDE STEP TOUCHES (4X)

- 1-4 Step right to side, touch left beside right, step left to side, touch right beside left
- 5-8 Step right to side, touch left beside right, step left to side, touch right beside left

[9-16]□VINE RIGHT, SCUFF, VINE LEFT 1/4 TURN, SCUFF

- 1-4 Step right to side, step left behind right, step right to side, scuff left
- 5-8 Step left to side, step right behind left, turning 1/4 left step left forward, scuff right(9:00)

[17-24] ROCKING CHAIR (2X)

- 1-4 Rock right forward, recover left
- 3-4 Rock right back, recover left
- 5-6 Rock right forward, recover left
- 7-8 Rock right back, recover left

[25-32] TOE STRUTS FORWARD (4X)

- 1-2 Touch right toe forward, drop right heel as you put weight onto right foot
- 3-4 Touch left toe forward, drop left heel as you put weight onto left foot
- 5-6 Touch right toe forward, drop right heel as you put weight onto right foot
- 7-8 Touch left toe forward, drop left heel as you put weight onto left foot

BEGIN AGAIN!

Choreographer Information: Sue Ann Ehmann, Patrick Springs, VA, USA saehmann@centurylink.net





牆數:4