Badonkadonk (搖擺扭臀) (zh)

Count: 32 **Wall:** 2 **Level:** Beginner
Choreographer: Pepper Siquieros (USA)
Music: Honky Tonk Badonkadonk - Trace Adkins

前奏： Start when Trace says the words: Left, Left, Left-Right-Left. The dance will go with the words!

第一段 L SIDE ROCK STEP, L CROSS ROCK STEP, L STEP SIDE, R TOGETHER, L SIDE SHUFFLE LEFT
左側下沉踏, 左交叉下沉踏, 左側踏, 右併, 左側, 左交換

1-2 Rock Left to left side, Recover weight onto Right
左足左下沉, 右足回復

3-4 Cross rock Left in front of Right, Recover weight onto Right
左足於右足前交叉下沉, 右足回復

5-6 Step Left to left side, Step Right next to Left
左足左踏, 右足併踏

7&8 Shuffle Left, Right, Left to the left side
左交換步-左, 右, 左

第二段 R CROSS ROCK, R SAILOR 1/4 TURN RIGHT, L SHUFFLE FORWARD, R KICK-STEP-POINT
右交叉下沉, 右水手步右轉90度, 左前交換, 右踢-踏-點

1-2 Cross rock Right over Left, Recover weight to Left
右足於左足前交叉下沉, 左足回復

3&4 Sweep Right foot around and behind Left, Turn 1/4 right stepping Left, Right (facing 3:00)
右足繞至左足後踏, 右轉90度左足踏, 右足踏(3點鐘)

5&6 Shuffle forward Left, Right, Left 前交換步-左, 右, 左

7&8 Kick Right forward, Step Right down next to Left, Point Left toe to left side 右足前踢, 右足併踏, 左足趾左點

第三段 STEP BACK-POINT SIDE, STEP BACK-POINT SIDE STEP BACK-POINT SIDE R SAILOR 1/4 TURN RIGHT
後踏-側點, 後踏-側點 後踏-側點 右轉1/4水手步

1-2 Step back on Left, Point Right toe to right side
左足後踏, 右足趾右點

3-4 Step back on Right, Point Left toe to left side
右足後踏, 左足趾左點

5-6 Step back on Left, Point Right toe to right side
左足後踏, 右足趾右點

7&8 Cross Right behind Left, Turn 1/4 right stepping Left, Right (facing 6:00) 右足於左足後交叉踏, 右轉90度左足踏, 右足踏(6點鐘)

第四段 L SHUFFLE FORWARD, R ROCK-STEP-BACK, WALK BACK L-R, L ROCK BUMP BACK, R BUMP FORWARD
左前交換, 右下沉-踏-後, 後走步左-右, 左後下沉擺臀, 右前擺臀

1&2 Shuffle forward Left, Right, Left
前交換步-左, 右, 左

3&4 Rock forward onto Right, Recover weight onto Left, Step back onto Right 右足前下沉, 左足回復, 右足後踏

5-6 Walk back Left, Right 後走步-左, 右

7	Rock back onto Left and bump hips back 左足後下沉後擺臀
8	Recover weight forward onto Right and bump hips forward 右足前回復前擺臀