

Scuff, Bump And Stomp

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Dorrit Nielsen (DK)

Musik: Sex Bomb - Tom Jones & Mousse T.



3 X BEND KNEES, HOLD, ¼ TURN RIGHT, SCUFF, ½ TURN LEFT, SCUFF

- 1-4 With feet together bend knees right, left, right, hold - (hips goes left, right, left)
- 5 Step right foot to right side with ¼ turn right
- 6 Scuff left heel
- 7 Step left foot to left side with ½ turn left
- 8 Scuff right heel

TURN RIGHT, SCUFF, FORWARD, SCUFF, BACKUP 3, STOMP

- 1-2 Step right foot to right side with ¼ turn right - scuff left heel (you now face wall 1 again)
- 3-4 Step forward on left foot - scuff right heel
- 5-7 Step back right, left, right
- 8 Stomp left foot to left side

4 X HIP-BUMPS, TOUCH LEFT HEEL, TOGETHER, TOUCH RIGHT HEEL, TOGETHER

- 1-4 Hip-bumps left, right, left, right
- 5-6 Touch left heel forward, step left beside right
- 7-8 Touch right heel forward, step right beside left

¼ TURN, SCUFF, ¼ TURN, SCUFF, SIDE, SCUFF, STOMP, STOMP

- 1-2 Step left foot to left side turning ¼ to left, scuff right heel
- 3-4 Step right forward turning ¼ left, scuff left heel
- 5-6 Step left to left side, scuff right heel
- 7 Stomp right foot to right side
- 8 Stomp left foot beside right with a clap

Through steps 1-4 you walk forward making a small ½ circle left

REPEAT
