

# Bumpy Ride (zh)

COPPER KNOB  
STEPSHEETS

Compte: 0

Mur: 1

Niveau: Intermediate/Advanced



Chorégraphe: Mishi Ziminski (USA), Ryan Pascarella (USA) & Kevin Abrams (USA) - 2011年01月

Musique: Bumpy Ride - Mohombi : (CD: Bumpy Ride)

前奏 : start 16 counts after the lyrics

Part A A部份(32拍)

## 第一段 Step, Wizard, Bump & Bump, Step, Wizard, Bump & Bump

- 1-2& Step right forward, cross left behind right, step right forward  
右足前踏, 左足於右足後交叉踏, 右足前踏
- 3&4 Bump left hip up, bump left hip down, step on left  
左臀推上, 左臀推下, 左足踏
- 5-6& Step right forward, cross left behind right, step right forward  
右足前踏, 左足於右足後交叉踏, 右足前踏
- 7&8 Bump left hip up, bump left hip down, step on left  
左臀推上, 左臀推下, 左足踏

## 第二段 Paddle ½, Cross, Side, Step, Cross ½ Step

- 1-2 Paddle 1/8 turn over left shoulder, paddle 1/8 turn over left shoulder 左轉45度划槳步, 左轉45度划槳步
- 3-4 Paddle 1/8 turn over left shoulder, paddle 1/8 turn over left shoulder 左轉45度划槳步, 左轉45度划槳步
- 5&6 Cross right over left, step left to side, step center with right  
右足於左足前交叉踏, 左足左踏, 右足併踏
- 7&8 Cross left over right, step ¼ right back, step ¼ left forward  
左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足前踏

## 第三段 Crossing ¼ Shuffle, Forward Coaster Step, Back, Lock, Back, Touch Unwind ½

- 1&2 Cross right over left, step left ¼ to left side, step right forward  
右足於左足前交叉踏, 左轉90度左足左踏, 右足前踏
- 3&4 Step left forward, step right together, step left back  
左足前踏, 右足併踏, 左足後踏
- 5&6 Step right back, cross left in front of right, step right back  
右足後踏, 左足於右足前交叉踏, 右足後踏
- 7-8 Touch left back, unwind ½ over left shoulder stepping on left  
左足後點, 左繞轉180度左足踏

## 第四段 Brush, ¼ Hitch, Step, Sway, Sway, Sailor Step, Sailor Step

- 1&2 Brush right, hitch right turn ¼ left, step on right  
右足前刷, 右膝抬左轉90度, 右足踏
- 3-4 Sway right with weight on right, sway left putting weight on left  
右擺臀重心在右足, 左擺臀重心在左足
- 5&6 Cross right behind left, step left to side, step center on right  
右足於左足後交叉踏, 左足左踏, 右足併踏
- 7&8 Cross left behind right, step right to side, step center on left  
左足於右足後交叉踏, 右足右踏, 左足併踏

Part B B部份(64拍)

## 第一段 Slide, Touch, Side Slide, Touch, Ball Cross, ¾ Unwind

- 1-2 Slide right forward, touch left together  
右足前滑, 左足併點
- 3-4 Slide left to side, touch right together  
左足左滑, 右足併點
- &5 Step on ball of right, cross left over right  
右足踏, 左足於右足前交叉踏
- 6-8 Unwind  $\frac{3}{4}$  turn over right to face 9:00 (weight ends on left)  
右繞轉270度, 面向9點鐘(重心在左足)

**第二段 Skate X4, Jazz Box**

- 1-4 Skate right, left, right, left  
滑冰步-右, 左, 右, 左
- 5-8 Cross rock right over left, step left back, step side on right, step center on left  
右足於左足前交叉下沉, 左足後踏, 右足右踏, 左足併踏

**第三段 Forward Mambo, Back Mambo, Step Lock, Step, Step, Lock, Step**

- 1&2 Step right forward, step together with left, step right back  
右足前踏, 左足併踏, 右足後踏
- 3&4 Step left back, step together with right, step left forward  
左足後踏, 右足併踏, 左足前踏
- 5&6 Step right forward, lock left behind right, step right forward  
右足前踏, 左足於右足後鎖踏, 右足前踏
- 7&8 Step left forward, lock right behind left, step left forward  
左足前踏, 右足於左足後鎖踏, 左足前踏

**第四段  $\frac{3}{4}$  Walking Turn (6 Counts), Forward Shuffle**

- 1-6 Walk right, left, right, left, right, left making  $\frac{3}{4}$  turn over left shoulder (12:00)  
前走步-右, 左, 右, 左, 右, 左, 總共左轉270度(面向12點鐘)
- 7&8 Step right forward, step left together, step right forward  
右足前踏, 左足併踏, 右足前踏

**第五段 Side Rock, Recover, Behind & In Front, Side Rock, Recover, Behind & In Front**

- 1-2 Rock left to side, recover to right  
左足左下沉, 右足回復
- 3&4 Cross left behind right, step right to side, cross left in front of right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Rock right to side, recover to left  
右足右下沉, 左足回復
- 7&8 Cross right behind left, step left to side, cross right in front of left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

**第六段  $\frac{1}{4}$  Shuffle, Pivot  $\frac{1}{2}$  Turn, Walk, Walk, Forward Shuffle**

- 1&2 Step left forward  $\frac{1}{4}$  to left, step right together, step left forward (9:00) 左轉90度左足前踏, 右足併踏, 左足前踏(面向9點鐘)
- 3-4 Step right forward, turn  $\frac{1}{2}$  over left shoulder weight ending on left (3:00) 右足前踏, 左轉180度重心在左足(面向3點鐘)
- 5-6 Step right forward, step left forward 右足前踏, 左足前踏
- 7&8 Step right forward, step left together, step right forward  
右足前踏, 左足併踏, 右足前踏

**第七段  $\frac{1}{4}$  Rock, Recover, Behind & In Front, Rock, Recover, Behind & In Front**

- 1-2 Rock left to side making  $\frac{1}{4}$  turn over right shoulder, recover to right (6:00) 左足左下沉右轉90度, 右足回復(面向6點鐘)

- 3&4 Left behind right, step right to side, cross left in front of right  
左足於右足後踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Rock right to side, recover to left  
右足右下沉, 左足回復
- 7&8 Cross right behind left, step left to side, cross right in front of left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 第八段 ¼ Shuffle, Pivot ½ Turn, ½ Turn Shuffle, ¼ Sailor Step**
- 1&2 Step left forward ¼ to left, step right together, step left forward (3:00) 左轉90度左足前踏, 右足併踏, 左足前踏(面向3點鐘)
- 3-4 Step right forward, turn ½ over left shoulder weight ending on left (9:00) 右足前踏, 左轉180度重心在左足
- 5&6 Shuffle right, left, right making a ½ turn over left shoulder (3:00)  
左180度轉交換-右, 左, 右(面向3點鐘)
- 7&8 Step left ¼ behind right turning over left shoulder, step right to side, step left center (12:00)  
左轉90度右足於右足後踏, 右足右踏, 左足併踏(面向12點鐘)
-