# BUM BUM BARRA BUM (Feel the

**Mur:** 4

# Beat)

Niveau: Absolute Beginner

Chorégraphe: Helaine Norman (USA) - August 2024

Musique: Put It on Me - Brianna Leah

#### INTRO: 16 - No tags or restarts

Compte: 32

Note: This dance is meant to get absolute beginners to use more than their feet to dance!

# I. BUNNY HOP FORWARD, CLAP; HIP OR SHOULDER BUMPS

- &1-2 Hop R forward (&), step L together (1), clap (2)
- 3-4 Bump either R hip or R shoulder to R side
- 5-6 Bump either L hip or L shoulder to L side
- 7-8 Bump either hips or shoulders R L

# Optional for 3-4 & 5-6: Double bumps can be substituted for slow side bumps

# II. BUNNY HOP BACK, CLAP; HIP OR SHOULDER BUMPS

- &1-2 Hop R back (&), step L together (1), clap (2)
- 3-4 Bump either R hip or R shoulder to R side
- 5-6 Bump either L hip or L shoulder to L side
- 7-8 Bump either hips or shoulders R L

# Optional for 3-4 & 5-6: Double bumps can be substituted for slow side bumps

# **III. ROCKING CHAIR X2**

- 1-4 Rock R forward, recover to L, rock R back, recover to L
- 5-8 Rock R forward, recover to L, rock R back, recover R

#### IV. ¼ L-TURN K-STEP

- 1-2 Step R forward diagonally, touch L together
- 3-4 Return L back to center, touch R together
- 5-6 Step R back diagonally, touch L together
- 7-8 Step L making ¼ turn left, touch R together

#### REPEAT

END: Wall 8 ends at 12:00 with two extra counts. Pose your personal way.

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