

Alamo Boom (腦袋亂轟轟) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kay Needham (USA) - 2010年01月
音乐: Boom, Boom, Boom, Boom!! - Vengaboys : (CD: Now That's What I Call Music 43)



前奏 : Start dancing on lyrics 唱歌起跳

第一段 Lindy Right, Lindy Left 右追步, 後下沉 回復, 左追步, 後下沉 回復

1&2-3-4 Side shuffle right (right, left, right), rock left behind, recover to right 右交換(右, 左, 右), 左足後下沉, 右足回復

5&6-7-8 Side shuffle left (left, right, left), rock right behind, recover to left 左交換(左, 右, 左), 右足後下沉, 左足回復

第二段 Vine Right Turn ¼ Right, Bump Hips (Up, Back) 右華倫帶右1/4, 推臀(上, 後)

1-4 Step right, step behind with left, step right & turn ¼ right, step left forward 右足右踏, 左足於右足後踏, 右轉90度右足踏, 左足前踏

5-8 Step right forward & bump hips up, left back, bump up on right, left back 右足前踏推臀, 左足後踏, 右推臀, 左足後踏

第三段 Kick Weave Twice 踢, 藤步 共二次

1-4 Kick right diagonally forward, weave right behind, left to side, right cross in front left 右足斜前踢, 右足後踏, 左足左踏, 右足於左足前交叉踏

5-8 Kick left diagonally forward, weave left behind, right to side, left cross in front of right 左足斜角前踢, 左足後踏, 右足右踏, 左足於右足前交叉踏

第四段 Point Cross Twice Stomp, Heel Touches ½ Left Turn 點 交叉 共二次, 重踏, 踵點轉180度

1-4 Point right foot to right side, step right in front of left, point left, cross left over right 右足右點, 右足於左足前交叉踏, 左足左點, 左足於右足前交叉踏

5-8 Step (stomp) right forward, touch heels 3 times turn ½ left 右足前重踏, 足踵點三次左轉180度