

Chica Boom Boom (心跳碰碰) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Improver
编舞者: Vikki Morris (UK) - 2009年06月
音乐: Boom Boom Goes My Heart - Alex Swings Oscar Sings! : (CD: Heart 4 Sale)



前奏 : Start on the word "heart"-32 counts in

第一段 Right Side Shuffle, Rock Recover, Left Rocking Chair 右交换, 下沉回復, 搖椅步

- 1&2 Step right to right side, left next to right, step right to right side
右足右踏, 左足併踏, 右足右踏
- 3-4 Rock back left, recover weight on right 左足後下沉, 右足回復
- 5-8 Rock forward with left, recover weight on right, rock back with left, recover weight on right 左足前下沉, 右足回復, 左足後下沉, 右足回復

第二段 Left Side Shuffle, Rock Recover, Right Toe Strut, Left Toe Strut 左交换, 下沉回復, 右趾踵, 左趾踵

- 1&2 Step left to left side, step right next to left, step left to left side. 左足左踏, 右足併踏, 左足左踏
- 3-4 Rock back right, recover weight on left. 右足後下沉, 左足回復
- 5-6 Cross right toe slightly in front and across left, slap heel down as you click your fingers 右足趾略於左足前交叉點, 右足踵踏彈雙指
- 7-8 Cross left toe slightly in front and across right, slap heel down as you click your fingers 左足趾略於右足前交叉點, 左足踵踏彈雙指

第三段 Right Jazz Box, Scuff, Left Jazz Box 1/4 Turn Left 右爵士方塊帶擦踢, 左轉1/4爵士方塊帶點

- 1-4 Cross right over left, step back left, side right to right side, scuff left across right
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前擦踢
- 5-8 Cross left over right, step back with right, turn ¼ turn to left with left, touch right next to left. (9 O'Clock)
左足於左足前交叉踏, 右足後踏, 左轉90度左足踏, 右足併點(面向9點鐘)

第四段 Jazz Jump Forward And Back, Hip Bumps 爵士前後跳, 推臀

- &1-2 (&)Step right foot slightly forward and out, (1)step left foot slightly forwards, (2)clap hands 右足略斜前踏, 左足略前踏, 拍手
- &3-4 (&)Step right foot slightly back and out, (3)step left foot slightly back and out, (4)clap hands. 右足略斜後踏, 左足略斜後踏, 拍手
- 5-8 Bumps hips right, left, right, left. 推臀 - 右, 左, 右, 左