

Rompin

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Noe J. Roldan (USA) - November 2016
音乐: Rompin' - Shotgun Jefferson



A note from the choreographer:-

This is the OFFICIAL LINE DANCE TO ROMPIN' endorsed by the artist and featured in their music video. Watch the video, check out the band, enjoy!!

CROSS SWIVELS – HIP BUMPS – R SHOULDER ROLL – L SHOULDER ROLL WITH HEEL GRIND

- 1 Balancing on balls of feet, step right foot in front and across from the left, and simultaneously swivel both heels inward
- &
- 2 Swivel both heels outward
- 2 Swivel both heels inward again
- 3 - 4 Step left foot out to side and bump hips to left twice
- 5 - 6 Roll right shoulder to right with a circular motion from the bottom up
- 7 - 8 Roll left shoulder to left with a circular motion from the bottom up, end by making a ¼ turn to right while keeping the right heel in place and raising the right toes up

AND STEP – ½ LEFT TURN WITH FLICK – TRIPLE STEP – MAMBO – RIGHT TURN WITH HITCH

- & - 1 Step right foot down in place – Step left foot forward
- 2 Make a ½ turn left balancing only on left leg while flickering the right foot up (knee pointed down and heel up)
- 3 & 4 Step right foot forward – bring left next to right – Step right foot forward
- 5 & 6 Rock left foot forward – Recover on right – Bring left foot next to right (slightly back)
- 7 - 8 Make a ½ right turn over right shoulder (left leg stays in place) and step forward on right foot – Hitch □left knee up (clap optional)

RIGHT TURN WITH HITCH – SWEEP BACK RIGHT – SWEEP BACK LEFT – PADDLE TURNS

- 1 - 2 (Keeping the momentum) make another ½ right turn while now balancing on right foot, and step back on left foot – Hitch right knee up (clap optional)
- 3 - 4 Sweep right foot back in a circular motion (front to side to back) – Sweep left foot back in a circular motion (front to side to back)
- 5 & 6 Step right foot back – Tap left toes in front – Step left foot forward
- 7 - 8 Make a left ¼ turn (roll hips for style) and tap right toes to side – repeat

HIP ROLL (X3) – HITCH – HEEL JACKS

- 1 - 3 Step right foot to side and roll hips three times in a circular counter clock motion (from left to right)
- 4 Hitch left knee up
- & 5 Step left foot next to and slightly behind right – Cross right foot in front of left
- & 6 Step left foot slightly to side – Tap right heel forward in an angle
- & 7 Step right foot next to and slightly behind left – Cross left foot in front of right
- & 8 Step right foot slightly to side – Tap left heel forward in an angle
- &
- & Step left foot next to and slightly behind right (Use this as preparation to start the dance again)

----- TAGS AND RESTART -----

*4 count Tag on wall number 11 after count number 12 - The tag leads to a restart

ROCK TO LEFT – ROCK TO RIGHT

- 1 - 2 Rock left foot to side – Recover weight on right foot
- &
- 3 - 4 Rock right foot to side – Recover weight on left foot

Restart the dance from here

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