

Let it Bump

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Jean-Pierre Madge (CH) - November 2017
音乐: Let it Bump by Missy Elliott and Timbaland



S1: Step, Heel, Heel, Turn, Ball Step, Cross ¼ L, Big Step back, Touch, Turn.

1a2 Step L forward (1), Swivel R heel ¼ R (a), Swivel L heel ¼ R (2),
3&4 Swivel both heels back to front wall, weight is on R (3), Step L next R (&), Step R forward(4),
5-6 Cross L over R (5), ¼ L Big Step R back (6),
7-8 Touch L behind (7), Pivot ¼ L weight is on L (8).

S2: Cross Rock recover, Cross Rock Recover, Run Run, Hold, Run Run, Hold.

1&2 Cross rock R over L (1), Recover on L (&), Step R to R (2)
3&4 Cross rock L over R (3), Recover on R (3), Step L to L (4),
5&6 Run forward R,L (5&), hold (6)
7&8 Run forward R,L (7&), hold (8).

Optional arms: when you do the "holds" (6-8), Raise your hands like you are asking "what" to someone.

S3: Cross, Back and Cross, Back and Cross And Cross And Cross, ½ Turn .

1-2 Cross R over L (1), Step L back (2),
&3-4 Step R to R (&), Cross L over R (3) Step R back (4),
&5&6 Step L to L (&), Cross R over L (5), Step L to L (&), Cross R over L (6),
&7-8 Step L to L (&), Cross R over L (7), Unwind ½ turn L weight is on L (8).

S4: Kick and Knee Pop, Kick and Knee Pop, Kick and Rock Back Kick and Touch.

1&2& Kick R forward (1), Step R next L (&), pop knees out (2), pop knee in (&) weight is on R,
3&4& Kick L forward (3), Step L next R (&), pop knees out (4), pop knee in (&) weight is on L,
5&6& Kick R forward (5), Step R next L (&) Rock back L (6), Recover (&),
7&8 Kick L forward (7), Step L next R (&) Touch R back (8)

Tag here, wall 4, facing 6 o'clock

S5: Chest Turn, ball Touch, Chest Turn Ball Touch, Kick and Rock and Kick and Rock.

1&2 Without moving your feet, turn your chest ¼ R, weight is now on R, arms forward, hands closed palm facing down like you are holding a stick (1), Bring L next to R (&), Touch R back (2),
3&4 Without moving your feet, turn your chest ¼ R, weight is now on R, arms forward, hands closed palm facing down like you are holding a stick (3), Bring L next to R (&), Touch R back (4),
5&6& Kick R forward (5), R next L (&), Rock L to L (6), Recover (&),
7&8& Kick L forward (7), L next R (&), Rock R to R (8), Recover (&).

S6: Sailor Step, Sailor Step, Pose.

1&2 Cross R behind L (1), Step L to L (&), Step R to R (2)
3&4 Cross L behind R (3), Step R to R (3), Step L to L (4) weight is on L,
5-6 Cross R arm in front of your chest (5), Cross L arm over R arm (6)
7-&8 Transfer your weight on R and take a pose (7), move your head up and down like saying "what" (&8).

Tag:

1-2& Stomp R forward (1), Clap twice (2&),
3&4 Stomp L next R (3), Stomp R forward (&), Clap hands (4),
5-6 Stomp L forward (5), Clap hands (6),
&7-8 Stomp R next L (&), Stomp L forward (7) ½ R (8) weight is on R.

1-2& Stomp L forward (1), Clap twice (2&),
3&4 Stomp R next L (3), Stomp L forward (&), Clap hands (4),
5-6 Stomp R forward (5), Clap hands (6),
&7-8 Stomp L next R (&) Stomp R forward (7), $\frac{1}{2}$ L (8) weight is on R

Start again and have fun!
