

Baam

拍数: 96 墙数: 4 级数: Phrased Improver
编舞者: Russibell Seoh (KOR) - August 2018
音乐: Baam (뽕) - MOMOLAND



Intro : 16 Counts - Sequence : AAA BC AAA BC ACA

PART A : 32 Counts

Part A Sec.1 : Shuffle dance RLRL , Charleston Step

1234 Shuffle dance RF(1) LF(2) RF(3) LF(4) (Easy Option : Instead of Shuffle dance , Run in place 1~4 Counts)
5678 RF Forward Touch(5), RF Step Back(6), LF Back Touch(7) , LF Forward Step(8) .

Part A Sec.2 : 1/4 R turn Charleston Step , Shuffle dance RLRL

1234 1/4 R Turn RF Forward Touch(1) RF Step Back(2), LF Back Touch(3) , LF Forward Step(4)
5678 shuffle dance RF(5) LF(6)RF(7) LF(8),
(Easy Option : Instead of Shuffle dance , Run in place 5~8 Counts)

Part A Sec.3 : R Grapevine Kick , L Grapevine Kick

1234 Step R to right (1), step L behind R (2), Step R to right (3) LF Kick (Looking left diagonally.)(4)
5678 Step L to left (5), step R behind L(6), Step L to left(7)
RF Kick (Looking right diagonally)(8)

Part A Sec4 : Syncopated Jazz Box , Cross , Side ,Step Forward, 1/2 R Pivot turn , LF Forward step &Hip Pump (Left Right Left)

12&34 Cross RF over RF (1) Step Back LF (2) Step LF To Left Side(&)
Cross LF Over Rf (3) Step RF To right (4)
567&8 Step LF forward(5) , pivot 1/2turn to the right (6) Step Lf Forward &Left Hip Pump (7) Right Back Hip Pump (&) Left Forward Hip Pump (8) .

Part B : 32 Counts(Only Facing 3:00)

Part B Sec.1 : Forward and Back Hip Rolling (or Hip Pump)*3 , LF together , Chest Pump .

123456 (As part A ends, keep your left foot in front) Three Times Hip Rolling or Hip Pump L(1) R(2) L(3) R (4) L (5) R (6)
7&8 Step LF Next To RF &Chest Pump Forward (7) Chest Pump Back (&)
Chest Pump Forward (8)

Part B SEC.2: RF Forward Touch &Forward and Back Hip Rolling R(or Hip Pump) R L RL RL, 1/4 L Turn RF together , Chest Pump.

123456 RF Forward touch &R Forward Hip rolling (or Hip Pump)(1) L Back Hip Rolling (2) , R Forward Hip Rolling (3) L Back Hip Rolling (4) R Forward Hip Rolling (5) L Back Hip Rolling (6)
7&8 1/4 L Turn Step Rf Next to LF & Chest Pump Forward (7) Chest Pump Back (&) Chest Pump Forward (8)

Part B Sec.3 : Forward Walk R L R L , RF side ,LF Touch , LF Side , RF Touch

1234 Forward Walk RF (1) LF(2) RF(3) LF(4)
5678 Step RF to right (5) Lf Touch next to RF (6)
Step LF to Left (7) RF Touch Next to Lf (8)

Part B Sec.4 : Small Back Run RLRLRL Jump (Feet apart) , Nice Pose (4 Counts)

1&2&3&4 Small Back Run RF(1) LF(&) RF(2) LF(&)RF(3) LF(&) Jump (Feet Apart)(4)
5678 Nice Pose (5,6,7,8)

Part C : 32 Counts

Part C Sec.1 : Hip Sway R L R , Hip Pump L , Hip Sway L R L , Hip Pump R

1234 Hip Sway R(1) L(2) R(3) L Hip Pump (4)

5678 Hip Sway L(5) R(6) L(7) R Hip Pump (8)

Part C Sec.2 : Hip Sway R L R L R L R L

12345678 Hip Sway R(1) L(2) R(3) L(4) R(5) L(6) R(7) L(8)

Part C Sec 3 : Part C Sec.1

1234 Hip Sway R(1) L(2) R(3) L Hip Pump (4)

5678 Hip Sway L(5) R(6) L(7) R Hip Pump (8)

PartC Sec.4 : Part C Sec.2

12345678 Hip Sway R(1) L(2) R(3) L(4) R(5) L(6) R(7) L(8)

* Happy Dancing !^__^

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