

Baam Baam

COPPER KNOB
STEPSHEETS

拍数: 160 墙数: 1 级数: Phrased Easy Intermediate
编舞者: Teresa Chen (TW) - September 2018
音乐: Baam (뽀) - MOMOLAND



Intro: 16 count - Seq: ABCDE, ABCDE, Tag, E A

PART A : 32 Counts

Sec.1: Shuffle dance RLRL , Charleston Step

1-8 Shuffle dance RF(1) LF(2) RF(3) LF(4) ,RF Forward Touch(5), RF Step Back(6), LF Back Touch(7) , LF forward Step(8) .

Sec.2 : Shuffle dance RLRL

1-8 Shuffle dance RF(1) LF(2) RF(3) LF(4), bend both knees(5), legs straight(6) (Hand:Throw R hand in the air) bend both knees(7), legs straight(8)(Hand:Throw R hand in the air)

Sec.3: Repeat Sec 1

1-8 Shuffle dance RF(1) LF(2) RF(3) LF(4) ,RF Forward Touch(5), RF Step Back(6), LF Back Touch(7) , LF forward Step(8) .

Sec4: Repeat Sec 2

1-8 Shuffle dance RF(1) LF(2) RF(3) LF(4), bend both knees(5), legs straight(6)(Hand:Throw R hand in the air) bend both knees(7), legs straight(8)(Hand:Throw R hand in the air)

PART B: 32 Counts

Sec.1: LF L diagonal Touch*4, LF Step RF Touch, RF Step LF Step

1-8 LF L diagonal Touch*4 (1-4). LF Step(5) RF Touch(6) RF Step(7) LF Step(8)

Arms: (1-4) Fist rolling , (5-6) bring both arms from L to the center, (7-8) bring both arms from R to the center

Sec.2: RF L diagonal Touch*4, RF Step LF Touch , LF Step RF Step

1-8 RF R diagonal Touch*4 (1-4). RF Step(5) LF Touch(6) LF Step(7) RF Step(8)

Arms: (1-4) Fist rolling , (5-6) bring both arms from R to the center, (7-8)bring both arms from L to the center

Sec.3: Repeat Sec 1

Sec.4: Repeat Sec 2

PART C: 32 Counts

Sec.1: Weave, Kick , Weave, Kick

1-8 LF L side step(1), RF behind LF(2) . LF L side step(3), RF R diagonal kick(4) RF R side step(5), LF behind RF(6) . RF R side step(7), LF L diagonal kick(8)

Sec.2: Weave, Kick , Kick 4 Times

1-8 LF L side step(1), RF behind LF(2) . LF L side step(3), RF R diagonal kick(4) RF R diagonal kick 4 times(Throw both hands back in th air* 4)

Sec.3: Weave, Kick , Weave, Kick

1-8 RF L side step(1), LF behind RF(2) . RF R side step(3). LF L diagonal kick(4) LF R side step(5), RF behind LF(6) . RF R side step(7), LF L diagonal kick(8)

Sec.4 Weave, Kick , Kick 4 Times

1-8 RF R side step(1), LF behind RF(2) . RF R side step(3), LF L diagonal kick(4) LF L diagonal kick 4 times(Throw both hands back in th air* 4)

Part D : 32 Counts

Sec.1: LF Forward Touch & Forward and Back Hip Pump, LF together , Chest Pump. .

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

Sec.2: RF Forward Touch & Forward and Back Hip Pump, RF together , Chest Pump.

1-8 RF forward touch & R forward Hip Pump (1) L Back Hip Pump(2) , R Forward Hip Pump (3) L Back Hip Pump (4) R Forward Hip Pump (5) L Back Hip Pump (6) Step Rf Next to LF & Chest Pump forward (7) Chest Pump Back (&) Chest Pump (8)

Sec.3: RF Diagonal Back Step ,LF Drag Touch next RF , LF Diagonal Back Step , RF Drag Touch next LF, RF Diagonal Back Step ,LF Drag Touch next RF, LF Diagonal Back Step , RF Drag Touch next LF

1-8 Step RF to right back diagonal (1) Lf Touch next to RF (2), Step LF to Left back diagonal (3) RF Touch Next to LF (4), Step RF to right back diagonal (5) Lf Touch next to RF (6), Step LF to Left back diagonal (7) RF Touch Next to LF (8)

Sec.4 : Small Forward Run RLRL Jump (Feet apart), Nice Pose (4 Counts)

1-8 Small Forward Run RF(1) LF(&) RF(2) LF(&)RF Jump (3 4) Pose (5,6,7,8)

Part E : 32 Counts

1-8 Sec.1 : Hip Sway R , Hip Pump L , Hip Sway L R L , Hip Pump R, Hip Sway R L
Hip Sway R(1) L Hip Pump(2) L(3) R (4) Hip Sway L(5) R Hip Pump (6) R(7) F (8)

Sec.2 : Hi Sway R L R L R L R L

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

Sec 3 : Repeat Sec.1

Sec.4 : Repeat Sec.2

TAG: 32 count

Sec1: 1/4 L Turn , Bend Upper Body(Chest Pump), 1/4 R Turn Straight Upper Body,1/4 R Turn Bend Upper Body(Chest Pump), Chest Pump

1-8 1/4 L Turn , Bend Upper Body(Chest Pump Forward& Back) (1-2), 1/4 R Turn Straight Upper Body(Chest Pump Forward& Back& Forward)(3&4) 1/4 R Turn Bend Upper Body(Chest Pump Forward& Back)(5-6) Chest Pump Forward& Back& Forward)(7&8)

Sec 2: LF Forward Touch, RF Forward Touch, LF Forward Touch, RF Forward Touch,Chest Pump Forward& Back, 1/2 L Turn

1-8 LF Forward Touch(1), RF Forward Touch(2), LF Forward Touch(3), RF Forward Touch(4),Chest Pump Forward& Back(5-6), 1/2 L Turn(7-8)

Sec 3:1/4 L Turn , Bend Upper Body(Chest Pump Forward), 1/4 R Turn Straight Upper Body,1/4 R Turn Bend Upper Body(Chest Pump Forward), Chest Pump

1-8 1/4 L Turn , Bend Upper Body(Chest Pump Forward& Back) (1-2), 1/4 R Turn Straight Upper Body(Chest Pump Forward& Back& Forward)(3&4)1/4 R Turn Bend Upper Body(Chest Pump Forward& Back)(5-6) Chest Pump Forward& Back& Forward)(7&8)

Sec 4:LF Forward Touch, RF Forward Touch, LF Forward Touch, RF Forward Touch,Chest Pump Forward& Back, 1/4 L Turn

1-8 LF Forward Touch(1), RF Forward Touch(2), LF Forward Touch(3), RF Forward Touch(4), Chest Pump Forward& Back(5-6), 1/4 L Turn(7-8)

Have Fun!

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