

Boom Pow

拍数: 32 墙数: 4 级数: High Improver
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音乐: Boom Boom Pow - Black Eyed Peas



**Intro: 32 COUNT (START ON VERSE)
RESTART ON WALL 11 AFTER 16 COUNTS**

[1-8]: TOUCH OUT-OUT TOGETHER X2, L COASTER STEP, PRESS R, HITCH R

1&2& Touch R toe to R, point R toe to R, step R next to L
3&4& Touch L toe to L, point L toe to L, step L next to R
5&6 Step back on L, step together on R, step forward on L
7-8 Press R forward, hitch R

[9-16]: TRIPLE BACK R, HALF TURN TRIPLE L, TOUCH FORWARD, TOUCH BACK, FULL SPIN

1&2 Step R back, step L together, step R back
3&4 Quarter turn L, together on R, quarter turn L ending at (6:00)
5-6 Touch R forward, touch R back
7-8 Push off R, spin R for one rotation, stop on R, weight on L

[17-24]: KICK AND TOUCH X2, ROCK FORWARD R, TRIPLE WITH 3/4 TURN

1&2 kick R front, step R next to L, touch L to L side
3&4 Kick L front, step L next to R, touch R to L side
5-6 Rock forward on R, recover on L
7&8 Turn back half on R, quarter turn on L, step together on R ending at (3:00)

[25-32]: ROCK L, TRIPLE 1/2 TURN, STOMP R, STOMP L, HIP ROLL

1-2 Rock forward on L, recover on R,
3&4 Quarter turn L, together on R, quarter turn L ending at (9:00)
5-6 Stomp R, Stomp L
7-8 Hip roll for 2 counts
