

Boom Boom Bam Bam

拍数: 80 墙数: 1 级数: Phrased Beginner
编舞者: Elisabeth Elkuch-Heid (CH/LIE) & Lizzy Raphaela - July 2023
音乐: Boom Boom Bam Bam - DJ Youcef, Shaggy & Richie Loop



SEQ: A A B A A B A A B (till Count 32) Tag A A

A:

[1-8] L Cross Rock Recover, Chassée L, R Cross Rock Recover, Chassée R

1,2 Cross Step L over R, Recover R (optional: Shoulder Shimmy)
3&4 Step L to L, Step R next to L, Step L to L
5,6 Cross Step R over L, Recover L (optional: Shoulder Shimmy)
7&8 Step R to R, Step L next to R, Step R to R

[9-16] Mambo L Fwd, Mambo R Back, HipBumps L-R-L, R-L-R

1&2 Step L Fwd, Recover R, Step L Back
3&4 Step R Back, Recover L, Step R Fwd (Center)
5&6 HipBumps: L-R-L
7&8 HipBumps: R-L-R

B:

[1-8] Walk Fwd: L-R-L, Hitch R, Walk Backwards: R-L-R, Hitch L

1-8 Walk Fwd: L-R-L, Hitch R, Walk Back: R-L-R, Hitch L

[9-16] Step Lock, Step Lock Step L Fwd, Step Lock, Step Lock Step R Fwd

1-4 Step L Fwd, Step R next to L, Step L Fwd, Step R next to L, Step L Fwd
5-8 Step R Fwd, Step L next to R, Step R Fwd, Step L next to R, Step R Fwd

[17-24] Paddle Turn Full Turn R (4x 1/4 R) (12)

1-4 Step L Fwd, 1/4 Turn R, Step L Fwd, 1/4 Turn R
5-8 Step L Fwd, 1/4 turn R, Step L Fwd, 1/4 Turn R

[25-32] Heel Grind L, Coaster Step 1/4 Turn L, Heel Grind R, Coaster Step 1/4 Turn R

1,2 Step L Heel Fwd & 1/4 Turn L on L Heel, Recover R
3&4 Step L Back, Step R next to L, Step L Fwd
5,6 Step R Heel Fwd & 1/4 Turn R on R Heel, Recover L
7&8 Step R Back, Step L next to R, Step R Fwd

[33-40] L Out R Out, In-In 1/4 Turn L (2x)

1-4 Step L diagonal L Fwd, Step R diagonal R Fwd, In L-In R with 1/4 Turn L
5-8 Repeat 1-4

[41-48] Repeat 49-56 (2x)(12) Step Change on 8: Scuff R

[49-56] R Out L Out, In-In 1/4 Turn R (2x)

1-4 Step R diagonal R Fwd, Step L diagonal L Fwd, In R-In L with 1/4 Turn R
5-8 Repeat 1-4

[57-64] Repeat 49-56 with Brush L on 8

Tag: Out - Out, In - In

1-4 Step L out - R out, Step L Back in - Step R Back in (12)

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Sa Rapita, Mallorca

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