

Bow Chika Wow It

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dustin Betts (USA), Cody Flowers (USA) & Joey Warren (USA) - September 2023
音乐: Bow Chika Wow It - Kali J & LITTiE



Dance starts 16 counts into song

[1-8] Knee In-Out, Hitch, Behind-Side-Cross, Side, ¼, Step-Lock-Step

1&2 Put weight on LF while turning Right Knee In, Turn Right Knee Out, Hitch Right Knee (12:00)
3&4 Step RF behind LF, Step LF to left, Cross RF over LF (12:00)
5 6 Big Step left with LF, ¼ Turn Right stepping side with RF (3:00)
7&8& Step LF forward, Lock RF behind LF, Step LF forward, Touch RF beside LF (3:00)

[9-16] Step, ¼ Touch, Coaster, Step-Pivot ½, C Bump, Close

1 2 Step back on RF, ¼ Turn right touching LF beside RF while snapping fingers to sides (6:00)
3&4 Step back on LF, Step RF beside LF, Step forward on LF (6:00)
5 6 Step RF forward, Pivot ½ Turn left putting weight on LF (12:00)
7&8& ¼ Turn left touching RF to right side while bumping right hip up, Recover weight on LF while bumping left hip to left, Step down on RF while bumping right hip right, Step LF beside RF (9:00)

*Optional Hands on 7&8: (7) Bring right hand up and right in the shape of a fist (&) Bring right hand left across body (8) Bright right hand down to right side snapping fingers

[17-24] Step, Touch, ¼, ½, ¼ Side Shuffle, Cross Rock-Recover-Side

1 2 Step RF to right, Touch LF behind RF (9:00)
3 4 ¼ Turn left stepping LF forward, ½ Turn left stepping back on RF (6:00)
5&6 ¼ Turn left stepping LF to left, Step RF beside LF, Step LF to left side (9:00)
7&8 Cross Rock RF over LF, Recover weight on LF, Step RF to right side (9:00)

[25-32] Crossing Shuffle (x2), Touch-&-Touch-&, Step, Hip Bump (x3)

1&2 Cross LF over RF, Step RF to right, Cross LF over RF (9:00)
3&4 ½ Turn right crossing RF over LF, Step LF to left side, Cross RF over LF (3:00)
5&6& Touch LF to left, Step LF beside RF, Touch RF to right, Step RF beside LF (3:00)
7&8& Step LF to left side while bending left knee, Transfer weight to right bumping hips right, Transfer weight to left bumping hips left, Transfer weight to right bumping hips right

Restarts:

On Wall 3, restart after 8 counts

On Wall 6, restart after 16 counts touching right foot to right side to begin dance

Holds:

On Wall 7, there is a 2 count hold after count 31. You then continue with & 8 & (hip bumps) and start the dance again. When the music cuts out, you hold, and when the bump bump bump happens, you finish the dance. To help with timing, you can use the following counts: 5&6&7 WAIT WAIT &8&. You'll hear it in the music. :)

Immediately on the next wall 8... there is a 1 count hold after count 31. You then continue with & 8

& (hip bumps) and pose. To help with timing, you can use the following counts: 5&6&7 WAIT &8&.