

Drop Da Bomb

拍数: 64 墙数: 2 级数: Intermediate/Advanced hip hop
编舞者: Christopher Petre (USA)
音乐: Now That We Found Love - Heavy D & The Boyz



SIDE, BEHIND, ROCK & HITCH, ROCK, RECOVER, FULL TURN POINT

1-2 Step right to right side, step left behind right
3&4 Rock right to right side, recover weight onto left, hitch right knee
5-6 Rock right to right side, recover weight onto left
7&8 Turn ½ left step right to right side, turn ½ left step left to left side (12:00), point right toe to right

CROSS, SIDE, BEHIND-SIDE-CROSS, ROCK, RECOVER, ¾ TRIPLE TURN LEFT

1-2 Cross right over left, step left to left side
3&4 Step right behind left, step left to left side, cross right over left
5-6 Rock left to left side, recover weight onto right
7&8 Cross left over right, turning ¼ left step back on right, turning ½ left step forward left (3:00)

POINT, CROSS, ROCK & CROSS, POINT, STEP BACK, COASTER ENGLISH CROSS

1-2 Point right to right side, cross right over left
3&4 Rock left to left side, recover onto right, step forward on left in front of right
5-6 Point right toe forward, step back on right
7&8 Step back on left, step together with right, step forward left turning ¼ left (12:00)

POINT, CROSS, ROCK AND CROSS, STEP PIVOT TURN, FULL TURN POINT

1-2 Point right to right side, cross right over left
3&4 Rock left to left side, recover onto right, step forward on left in front of right
5-6 Step forward right, pivot turn ½ left weight ending on left
7&8 Turn ½ left step back on right, turn ½ left step forward left (6:00), point right toe to right side

CROSS, SIDE, ROCK & SCUFF, STEP TOUCH, COASTER ENGLISH CROSS

1-2 Cross right over left, step on left to left side
3&4 Rock back on right behind left, recover onto left, scuff right forward turning ¼ left (3:00)
5-6 Step right to right side, touch left toe next to right
7&8 Step back on left, step together with right, step forward left turning ¼ left (12:00)

TOE STEP, TOUCH-KICK-CROSS, OUT-OUT, HOLD, SWIVEL WITH KNEE POP

1-2 Rolling knee to the right touch right toe next to left, roll knee stepping down onto right heel
3&4 Touch left toe next to right, kick left diagonally across right, cross step left over right
&5-6 Step right to right side, step left to left side (shoulder width apart) hold for count 6
7&8 Swivel ¼ right on balls of feet, pop both knees forward lifting heels off floor, drop heels to floor as you straighten legs keeping weight back on left foot (3:00)

BACK, TURN, ROCK & ROCK &, BEHIND-SIDE-CROSS, PRESS-RECOVER-HITCH

1-2 Step back on right, turn ¼ left stepping left to left side (12:00)
3&4& Cross rock right over left, recover onto left, rock right to right side, recover onto left
5&6 Step right behind left, step left to left side, cross right over left
7&8 Press left toe to left, turn ¼ left as you recover all weight back onto right heel, hitch left knee (9:00)

PRISSY WALK BACK, ¾ SAILOR TURN, CROSS, SIDE, BEHIND-TURN-SCUFF

1-2 Sweep left back stepping behind right, sweep back right stepping behind left

- 3&4 Turn ¼ left step back on left, turn ¼ left step back right, turn ¼ left stepping forward on left (12:00)
- &5-6 Sweeping right across, step in front of left, step left to left side
- 7&8 Step right behind left, turn ¼ left step forward left (9:00) scuff right forward turning ¼ left (6:00)

REPEAT
