

Bump In The Dark

拍数: 40 墙数: 4 级数:
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音乐: If - Janet Jackson



STEP TO SIDE AND TOUCH:

1-2 Right foot step right, touch left toe next to right
3-4 Left foot step left, touch right toe next to left
5-8 Repeat counts # 1-4

DOUBLE IN-PLACE RIGHT ROCK FORWARD AND SHUFFLE:

9& Right foot step in front of left, step left foot home
10& Right foot step behind left, step left foot home
11& Right foot step in front of left, step left foot home
12 Right foot step home

DOUBLE IN-PLACE LEFT ROCK FORWARD AND SHUFFLE:

13& Left foot step in front of right, step right foot home
14& Left foot step behind right, step left foot home
15& Left foot step in front of right, step right foot home
16 Left foot step home

IN-PLACE ROCK FORWARD AND SHUFFLE, RIGHT THEN LEFT:

17& Right foot step in front of left, step left in place
18 Right foot step next to left
19& Left foot step in front of right, step right in place
20 Left foot step next to right

FULL MILITARY TURN:

21-22 Step right foot forward, turn $\frac{1}{2}$ turn left
23-24 Step right foot forward, turn $\frac{1}{2}$ turn left

BASKETBALL TURNS ($\frac{1}{4}$ L, $\frac{1}{2}$ R, $\frac{1}{2}$ L) AND JUMPING JACK:

25 Pivot $\frac{1}{4}$ turn left touching right foot to right side
26 Pivot $\frac{1}{2}$ turn right touching right foot to right side
27 Pivot $\frac{1}{2}$ turn left touching right foot to right side
&28 Jump crossing right over left, then jump feet apart

BASKETBALL TURNS ($\frac{1}{2}$ L, $\frac{1}{2}$ L, $\frac{1}{2}$ R) AND JUMPING JACK:

29 Pivot $\frac{1}{2}$ turn right touching right foot to right side
30 Pivot $\frac{1}{2}$ turn left touching right foot to right side
31 Pivot $\frac{1}{2}$ turn right touching right foot to right side
&32 Jump crossing left over right, then jump apart (facing 3 o'clock with 12 o'clock starting wall)

HIP BUMPS:

33-34 Bump hips left, right
35&36 Bump hips left, right, left

MILITARY $\frac{1}{2}$ TURN, FINAL STOMPS:

37-38 Step right foot forward, $\frac{1}{2}$ turn left
39-40 Stomp right foot home, stomp left foot home

REPEAT
