

Bump It Up

拍数: 32 墙数: 4 级数:
编舞者: Judy McDonald (CAN) & Ron Kline (USA)
音乐: SUPER LOVE (Special Dance Mix) - Exile



RIGHT SIDE SHUFFLE, LEFT ROCK, RIGHT STEP, LEFT ROCK, RIGHT STEP

1&2 Step right to side, step left beside right, step right to side
3&4& Step left back, step right in place, step left in place, step right in place

LEFT STEP FORWARD, HOLD, RIGHT STEP, LEFT STEP FORWARD, HOLD

5-6 Step left forward, hold
&7-8 Step right beside left, step left forward, hold

"CHASE" STEPS

&1&2 Step right to side, step left beside right, step right across in front of left, step left beside right
&3&4 Step right to side, step left beside right, step right across in front of left, step left beside right

RIGHT SIDE ROCK, RIGHT PUSH & DRAG IN, RIGHT STOMP, ¼ TURN, RIGHT STEP

5-6 Step right to side, push off on right and drag in beside left

Weight never really leaves the left foot

7&8 Stomp right beside left, swing right leg out and around while making ¼ turn to the right (&),
step right slightly behind left

RIGHT HIP BUMPS 3X, BODY ROLL UP

1&2&3 Bump hips right, left, right, left, right

Do this while bending knees so that you are going down

4 Body roll up

RIGHT KNEE POP, LEFT KNEE POP, RIGHT KNEE POP-2X

&5 Take weight on left, bend right knee and lift heel off floor
&6 Make ¼ turn right while dropping right heel, bend left knee and lift heel off floor
&7 Make ¼ turn left while dropping left heel, bend right knee and lift heel off floor
&8 Straighten right knee, bend right knee

RIGHT KICK BALL CHANGE-2X

1&2 Kick right forward, step right back, step left in place
3&4 Kick right forward, step right back, step left in place

RIGHT STEP FORWARD, PIVOT ½ TURN LEFT STEP, RIGHT BUMP, BODY ROLL UP

5-6 Step right forward, pivot ½ turn to left and step left in place
7-8 Bump hips right while bending knees, body roll up

REPEAT
