

Bumpin'

拍数: 40 墙数: 4 级数: Improver
编舞者: Beverly Lalonde
音乐: Let 'Er Rip - The Chicks



BUMP HIPS LEFT TWICE, ROMP, BUMP HIPS RIGHT TWICE, ROMP

- 1-2 Bump hips to the left twice
- &3 Step right foot diagonally back, touch left heel to floor diagonally forward
- &4 Step left foot back to original position, step right foot beside left
- 5-6 Bump hips to the right twice
- &7 Step left foot diagonally back, touch right heel to floor diagonally forward
- &8 Step right foot back to original position, step left foot beside right

TOE STRUTS, WALK BACK RIGHT-LEFT-RIGHT-LEFT

- 9-10 Step forward on right toes, slap right heel down
- 11-12 Step forward on left toes, slap left heel down
- 13-16 Walk back-right, left, right, left

RIGHT SHUFFLE FORWARD, LEFT SHUFFLE ½ TURN RIGHT, ROCK STEP, KICK BALL CHANGE

- 17&18 Right shuffle step forward-right, left, right
- 19&20 Left shuffle-left, right, left turning ½ turn to the right
- 21-22 Rock back on right foot, rock back onto left foot
- 23&24 Kick ball change-kick right foot forward, step onto ball of right foot, step onto left foot

¼ TURN LEFT, SYNCOPATED VINE RIGHT, ¼ LEFT STEP BACK LEFT, RIGHT, COASTER STEP

- 25-26 Turning ¼ turn left, step right foot to the right, cross left foot behind right
- &27 Step right foot to the right, cross left foot in front of right foot
- 28 Step right foot to the right
- 29-30 Turning ¼ turn to the left, step back onto left foot, step back onto right foot
- 31&32 Coaster step-step back onto left foot, step right foot beside left, step left foot forward

DIAGONAL RIGHT TOE TOUCH, STEP RIGHT, DIAGONAL LEFT TOE TOUCH, STEP LEFT

- 33-34 Touch right toe diagonally forward to the right, step right foot beside left foot
- 35-36 Touch left toe diagonally forward to the left, step left foot beside right foot
- 37 Step forward on right foot
- 38-39 Step left forward, pivot ¼ turn to the right (weight should be on right foot)
- 39 Step left foot beside right

REPEAT

When you dance to "Let 'Er Rip", you will hear "1,2,3,4" at the end of the introduction to the song. You begin the dance on "4". At the end of the dance, you will dance the first sixteen counts, repeat the first eight counts, and then the first four counts again. You will understand once you have learned the dance and listened to the music-trust me!