Bumpin' Things

拍数: 32

级数: Intermediate hip hop

编舞者: Heidi Angelika Scott (NOR)

音乐: Things That Go Bump In the Night - Allstars

SKATE, SKATE, CHASSE RIGHT, SKATE, SKATE, CHASSE LEFT

- 1-2 Skate forward with right, left
- 3&4 Right chasse, right, left, right
- 5-6 Skate forward with left, right
- 7&8 Left chasse, left, right, left

SIDE ROCK-RECOVER, STEP BEHIND-SIDE-CROSS, SIDE ROCK-RECOVER, STEP BEHIND-¼ TURN STEP-POINT

- 1-2 Rock right leg to the right, recover on left
- 3&4 Step right behind left, step left to the left, cross right in front of left
- 5-6 Rock left leg to the left, recover on right
- 7&8 Step left behind right, ¼ turn to the right as you step right to the right, point left to the left

CROSS, POINT, CROSS, POINT, CROSS BEHIND, UNWIND WITH ½ TURN LEFT, RIGHT HEEL JACK

- 1-2 Cross left in front of left, point right to the right
- 3-4 Cross right in front of left, point left to the left
- 5-6 Cross left behind right, unwind with ½ turn left
- &7&8 Right heel jack (jump back on the right, touch left heel forward, step left in center, and touch right to close)

JAZZ BOX, ½ TURN RIGHT, ½ TURN RIGHT, COASTER TOUCH

- 1-4 Right jazz box
- 5 Do ¹/₂ turn to the right as you step forward on the right
- 6 Do ¹/₂ turn to the right as you step back on the left
- 7&8 Right coaster touch (step right foot back, step left next to the right, touch right forward)

REPEAT

TAG

To be danced after finishing the 3rd wall:

- 1&2 Right sailor step
- 3&4 Left sailor step
- 5&6 Right mambo step to the right
- 7&8 Left mambo step to the left





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墙数:4