

# Bomb Drop

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: You Dropped the Bomb On Me - The Gap Band



## RIGHT KNEE IN, OUT, IN, OUT, IN, AND LEFT AND RIGHT AND LEFT

### Weight starts on left foot

1-2-3-4-5      Bend right knee in, out, in, out, in  
&6              Switch weight to right foot, bend left knee in  
&7              Switch weight to left foot, bend right knee in  
&8              Switch weight to right foot, bend left knee in

### Weight should be on your right foot

## BUMP & BUMP, BUMP & BUMP, STEP QUARTER, AND CROSS SIDE ROCK

1&2              Bump left hip to left angled upward twice, transferring weight to the left foot  
3&4              Bump right hip angled backward twice, transferring weight to the right foot  
5-6              Step forward on left, make ¼ turn to the right (weight should be on the right foot)  
&7-8             Cross left foot over right, step right foot out to right side, recover weight back to left foot

## SAILOR STEP, SAILOR STEP, TOUCH TURN, KICK BALL CHANGE

1&2              Step right foot behind left, side step left to the left, step right next to left  
3&4              Step left foot behind right, side step right to the right, step left next to right  
5-6              Touch right toe back, turn a half turn over right shoulder placing weight on right foot  
7&8              Kick left foot forward, switch weight to left ball of foot, change weight to the right foot

## BUMP AND LIFT, BUMP AND LIFT, BUMP AND LIFT, PUSH UP

1&2              Step left foot out to left side while bumping hips left, bump hips right, bump hips left while lifting right leg up and slightly behind left leg  
3&4              Step right foot out to right side while bumping hips right, bump hips left, bump hips right while lifting left leg up and slightly behind right leg  
5&6              Step left foot out to left side while bumping hips left, bump hips right, bump hips left while lifting right leg up and slightly behind left leg  
7-8              Step right foot out to right side while bending right knee, push up off right foot and place weight onto left foot

### Optional: add shoulders for the bumps and lifts. Going to the left, the count would be

1              Left shoulder down, right shoulder up  
&              Right shoulder down, left shoulder up  
2              Left shoulder down, right shoulder up

### Reverse that for 3&4, repeat it for 5&6

## SAILOR STEP, OUT AND OUT, HOLD, AND CROSS TURN

1&2              Step right foot behind left, side step left to the left, step right next to left  
3&4              Point left toe out to left side, switch weight to left foot, point right toe out to right side  
5-6              Hold  
&7-8             Step right foot down, cross left foot over right, unwind half turn over right shoulder

### Weight stays on the left foot

## BUMP AND BUMP, HEEL JACKS

1&2              Bump hips, right, left, right  
3&4              Place left heel out on left angle, step down on left foot, step right foot over left  
&5&6             Step back on left foot, place right heel forward, step right foot next to left, step left over right

&7&8 Step back on right foot, place left heel forward, step left foot next to right, step right foot over left

### **HIPS ROLLS**

**Legs should be crossed at this point, facing the 3:00 wall, rolls hips while turning a total of  $\frac{3}{4}$  turn over the left shoulder, to face back wall**

- 1-2 Rolls hips making a  $\frac{1}{4}$  turn (weight ends up on left, facing the front wall)
- 3-4 Rolls hips making a  $\frac{1}{4}$  turn (weight ends up on left, facing 9:00 wall)
- 5-6 Roll hips making a  $\frac{1}{4}$  turn (weight end up on left, facing the back wall)
- 7-8 Roll hips in place (weight ends up on left foot)

### **SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP**

- 1&2 Side shuffle right, left, right
- 3-4 Rock left foot back, recover weight to right foot
- 5&6 Side shuffle left, right, left
- 7-8 Rock right foot back, recover weight to left foot

### **REPEAT**

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