

Bomb Drop

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 $\frac{1}{4}$ 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
