Bomshel Stomp



拍数: 48 墙数: 2 级数: Low Intermediate

编舞者: Jamie Marshall (USA) & Karen Hedges (USA)

音乐: Bomshel Stomp - Bomshel



HEEL PUMPS, TURN 1/4 SAILOR, ROCK, RECOVER, COASTER STEP

1&2 Touch right heel diagonally forward, hitch right knee, touch right heel diagonally forward

3&4 Cross right behind left, turn ¼ left and step left forward, step right together

5-6 Rock left forward, recover onto right

7&8 Step left back, step right together, step left forward (9:00)

"WIZARD" STEPS (STEP RIGHT DIAGONALLY FORWARD RIGHT, LOCK LEFT BEHIND RIGHT, STEP RIGHT TO SIDE, REPEAT TO LEFT)

9-10& Step right diagonally forward, lock left behind right, step right to side 11-12& Step left diagonally forward, lock right behind left, step left to side 13-14& Step right diagonally forward, lock left behind right, step right to side

15-16 Step left forward, touch right together (9:00)

STEP RIGHT BACK, SCOOT WITH LEFT HITCH, REPEAT WITH LEFT, COASTER STEP, SQUAT, TURN 1/4 TO RIGHT, PELVIS THRUST WHILE PALM TURNED OUTWARD PRESSES DOWN (OR BODY ROLL AFTER 1ST WALL)

Listen to the words "Honk your horn!"

Step right back, hop right slightly back and hitch left knee Step left back, hop left slightly back and hitching right knee Step right back, step left together, step right forward

21-22 Big step left to side

Squat down on the wide step to the side, and look to your right

Turn ¼ right and step right together If you squatted on count 22, stand up on count 23

23&24 Bump hips forward, bump hips back, bump hips forward (weight to left, 12:00)

On the 1st wall, honk your horn as follows: on count 23, turn right palm outward and press down. On '&' count raise right hand toward chest. On count 24, press down again

WIZARD STEPS (SEE COUNTS 9-16)

25-32 Repeat counts 9-16

"BOMSHEL" STOMP: STOMP RIGHT BACK, HOLD, STOMP LEFT BACK, HOLD, ROLL TO THE LEFT, STEP, STEP

33-34 Stomp right to side, hold 35-36 Stomp left to side, hold

37 Hold

On count 37 roll hips around to the left, ending with weight on left

38 Touch right together

39&40 Small step right forward, small step left forward, small step right forward (12:00)

STEP LEFT, PIVOT ½ RIGHT, KEEPING WEIGHT ON LEFT, HIP BUMPS, STEP RIGHT FORWARD, TURN ½ RIGHT, TURN ½ RIGHT

41-42 Step left forward, turn ½ right (weight to left, 6:00)

843844 Bump hips right, bump hips left, bump hips right, bump hips left Styling: hold up right hand with index finger pointed up, wave hand right to left

45-46 Step right forward, turn ½ right and step left back

47-48 Turn ½ right and step right forward, step left together (6:00)

REPEAT

TAG

Repeat steps 33-48 after dancing 2 complete walls after wall 6. Dancers scramble around for 12 counts during siren, ending up facing back wall. Hold 4 counts to get ready to start dance again

ENDING

Repeat steps 33-48 after wall 8 to end dance