

Boom Boom

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Preston Brust & Chris Lucas - November 2007
音乐: Boom Boom - LoCash Cowboys



Intro: 32 BPM: 109 Rhythm: Funky/Two Step

*This dance has been featured on CMT, MTV, VH1 & LOGO.

JUMP FORWARD, HOLD, JUMP BACK, HOLD, STEP SIDE, STEP TOGETHER, STEP SIDE, STEP TOGETHER

- &1-2 Jump forward, stepping R-L (&1). *Feet should be shoulder width apart. Hold (2)
&1-2 Jump forward, stepping R-L (&1). *Feet should be shoulder width apart. Hold (2).
5-6 Keeping weight on and press/step on the ball of the R foot to the R side (5). Step R foot together with L with R foot taking weight (6).
7-8 Press/step on the ball of the L foot to the L side (7). Step L foot together with R with L foot taking weight (8).

HIP BUMPS- DIAGONAL - R, HIP BUMPS- DIAGONAL - L, SLIDE BACK DIAGONALLY R, STEP OUT L, BEND KNEES, COME UP

- 1&2 Step forward on a R diagonal and bump R hip forward (1). Bump R hip back (&). Bump R hip forward (2).
3&4 Step forward on a L diagonal and bump L hip forward (3). Bump L hip back (&). Bump L hip forward (4).
5-6 Slide back diagonally R on R foot (5). Step out with the L foot (6). * Feet should be shoulder width apart
7-8 With weight on both feet, bend your knees and go as low as YOU can go (7). Come straight up in place (8). *You'll end again with feet shoulder width apart.

VINE R WITH LEG LIFT, VINE L WITH LEG LIFT

- 1-4 Step R on R (1). Step L foot behind R (2). Step R on R (3). Lift L leg with foot pointing to 11:00 o'clock (4).
5-8 Step L on L (5). Step R foot behind L (6). Step L on L (7). Lift R leg with foot forward to 12:00 o'clock (8).

STOMP FORWARD, SWITCH, STOMP FORWARD, SWITCH, CLAP 2X, GALLOP 1/4 TURN L WITH LASSO

- 1&2 Stomp up (keeping weight on R) with the R foot forward (1). Step R foot next to L (2). Stomp up (keeping weight on L) with the L foot forward (2).
&3-4 Step L foot next to R (&). Stomp up (keeping weight on R) with the R foot forward (3). Clap 2X (4).
&5&6 Begin 1/4 turn gallop to the L stepping, R/L, R/L.
&7&8 Complete 1/4 turn gallop at 9:00 o'clock stepping R/L, R/L. * Optional arm styling: L hand on the saddle in front of you and R hand.

Begin again.

Tag:

- 1-4 Hip bumps R-L-R-L (You will hear the accents in the music.)

Sequence of dance:

- 32
16 - 4 count tag & restart

32

32

32

16 - 4 count tag & restart

32

32

32 - 4 count tag

32

32 *Optional - You can gallop forward on the last 4 counts to end at 12:00 o'clock
