

Boom Boom

拍数: 0

墙数: 1

级数: Phrased Funky Intermediate /
Advanced



编舞者: José Miguel Belloque Vane (NL) - August 2009

音乐: Boom Boom Pow - Black Eyed Peas : (Album: The End)

Phrasing: A, A, A, B, A*, C, A**, A, A, A

* Restart 1: After 32 counts in part A, facing 12 o'clock. Start with part C.

** Restart 2: After 48 counts in part A, instead of skate fw 3 o'clock, turn ¼ L stepping L to L side, starting again with part A.

Intro: Start on first "Boom" in lyrics (app. 14 sec into track). After the 4th "Gotta get that". Start with slightly bend shoulder wide legs.

NOTE!! Throughout the A-section you will follow the "Boom Boom Boom" beat.

Part A:

(1-8) Knee pop, arm movements, pop upper body

- 1-2-3-4 Punch R fist down holding L hand on R elbow as you pop R knee in (1), put R hand on L hand (in front of R chest) (2), swing both hands from R to L (3), put both hands on L hip, bending upper body down (4) 10:30
- 5&6&7-8 Straighten upper body (5), bend upper body (&), straighten upper body (6), bend upper body (&), straighten upper body (7), bend upper body (8) 10:30

(9-16) Swivel R R L L, pop upper body, turn 1/8 L side step, cross, mambo

- &1&2 Swivel L toe R, swivel R toe R, swivel R toe L (1:30), swivel L toe L with bend upper body 10:30
- &3&4 Straighten upper body (&), bend upper body (3), straighten upper body (&), bend upper body (4) 10:30
- 5-6-7&8 Turn 1/8 L stepping R to R side, cross L over R, rock R to R side, recover onto L, step R next to L 9:00

NOTE!! Optional arms count 13 and 14: Punch R arm down L hand on R elbow (13) Roll R arm up and around L hand punching R arm down in the end of roll. (14)

(17-24) Jump and jump, unwind ¾ R, jump, jump cross, unwind ½ L

- 1&2 Jump L on L foot kicking R to R, step R next to L, jump L on L foot kicking R to R 9:00
- 3-4 Touch R behind L, unwind ¾ R on both feet (weight on both feet) 6:00
- 5-6-7-8 Jump out, jump in crossing R in front of L, unwind ½ L (7-8) weight L 12:00

(25-32) Skate R, L, step/slide R, skate L, R, step/slide L

- 1-2 Step R diagonally fw R in a circle motion, step L diagonally fw L in a circle motion 10:30
- 3-4 LONG step diagonally fw R, slide L, touch L next to R 1:30
- 5-6 Step L diagonally fw L in a circle motion, step R diagonally fw R in a circle motion 1:30
- 7-8 LONG step diagonally fw L, slide R, touch R next to L 10:30

(33-40) Turn 1/8 L kick R, step, turn ¼ L side step, touch, ¼ R step, ¼ R side step L, pop upper body L, R, squad upper body from R to L

- 1&2&
- 3-4 Turn 1/8 L on L foot kicking R fw (1), step back on R (&), turn ¼ L stepping L to L side (2), touch R next to L (&), turn ¼ R stepping fw R (3), turn ¼ R stepping L to L side (4) 12:00
- 5-6-7-8 Pop upper body L, pop upper body R, bend upper body while rolling it from R to L 10:30

(41-48) Kick kick (10:30), 3/8 turn R fw R, step, jump, push your tush ?

- 1-2 Kick R fw, kick R fw (Moving arms in cycling motion, while jumping back on L foot on count 1-2) 10:30
- 3&4 Turn 3/8 R stepping fw R, step L next to R, jump out pushing your butt back 3:00
- 5-6-7&8 Push your butt fw (5), push it back to middle (6), push it back (7) push it to R side (&) push it to L side (8) 3:00

(49-56) Skate R, L, shuffle R, skate L, R, shuffle L

- 1-2 Step R diagonally fw R in a circle motion, step L diagonally fw L in a circle motion 1:30
- 3&4 Step R diagonally fw R, step L next to R, step R diagonally fw 4:30
- 5-6 Step L diagonally fw L in a circle motion, step R diagonally fw R in a circle motion 4:30
- 7&8 Step L diagonally fw L, step R next to L, step L diagonally fw 1:30

(57-64) Kick, step, touch, turn ¼ L squad, side step, FREESTYLE!!!

- 1&2-3-4 Kick R fw, step R back, touch L back, squad down turning ¼ L, step L to L side 12:00
- 5-8 FREESTYLE!! For example: Pop chest, hitting the "Boom Boom Pow" 12:00

Part B:

(1-8) Step touch R, step touch L, step touch R, step touch L

- 1-2-3-4 Step R to R side, touch L next to R, step L to L side, touch R next to L (Clicking your fingers on all "touches") 12:00
- 5-6-7-8 Repeat count 1-2-3-4 12:00

(9-16) Roling wine R, bend upper body, "Low" roling Wine L

- 1-2-3-4 Turn ¼ R stepping fw R, turn ½ R stepping L back, turn ¼ R stepping R to R side, touch L next to R bending upper body down. 12:00
- 5-6-7-8 Keeping body low turn ¼ L stepping fw L, turn ½ R stepping R back, turn ¼ L stepping L to L side, touch R next to L straightening upper body with each step. 12:00

(17-24) Step touch R, step touch L, step touch R, step touch L

- 1-2-3-4 Step R to R side, touch L next to R, step L to L side, touch R next to L (Waving your arms above your head) 12:00
- 5-6-7-8 Repeat count 1-2-3-4 12:00

(25-32) Turning walks, side step

- 1-2-3-4 Turn ¼ R stepping fw R (1), hold (2), turn ¼ R stepping fw L (3), hold (4) 6:00
- 5-6-7-8 Turn ¼ R stepping fw R (5), hold (6), turn ¼ R stepping fw L (7), step R to R (8) 12:00

Part C:

(1-8) Walk 5 times, turn ¼ R side step, bang the door

- 1-2-3-4-5 Walk R, L, R, L, R, shimmying your shoulders 12:00
- 6-7-8 Turn ¼ R stepping L to L, bang the door twice with your R fist (12 o'clock) 3:00

(9-16) Turn ¼ R step, walk L, R, L, turn ¼ L step, turn ¼ L step, bang the door

- 1-2-3-4 Turn ¼ R stepping fw R, walk fw L, R, L 6:00
- 5-6-7-8 Turn ¼ L stepping fw R, turn ¼ L stepping L to L, bang the door twice with your R fist 12:00

(17-24) Step, turn ¼ R step, bang door, turn ¼ L step, step, head swing

- 1-2-3-4 Step fw R, turn ¼ R stepping L to L side, bang the door twice with your R fist 9:00
- 5-6-7-8 Turn ¼ L stepping fw R, step L to L side, swing head L, R 12:00

(25-32) Samba L, samba R, kneading steps

- 1-a2 Step L to L side (1), close R behind L (a) cross L over R (2) 12:00
- 3-a4 Step R to R side (3), close L behind R (a) cross R over L (4) 12:00
- 5-6-7-8 Step L, R, L, R on spot (while stepping, really push the feet down to the ground) 12:00

