

Bombadilla Life

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Cato Larsen (NOR) - April 2010
音乐: Bombadilla Life - Franklin : (CD: Bombadilla Days 89)



Intro: Start the dance at vocals after 16 counts. (9 seconds).

(1–8) Walk Forward, Mambo Step, Walk Back, 1/2 Pivot Turn, Step, 1/4 Turn.

1,2 Step forward on right (1), Step forward on left (2). [12:00]
3&4 Step forward on right (3), Rock (recover) weight back again onto left (&), Step back on right (4).
5,6 Step back on left (5), Step back on right (6).
7 Pivot ½ turn left Stepping forward on left (7). [6:00]
&8 Step forward on right (&), Pivot ¼ turn left (8). [3:00]

(9–16) Vaudeville, 1/4 Turn, 1/2 Pivot Turn, 1/4 Pivot Turn Into Side Shuffle.

1& Cross right over left (1), Step left slightly back on a left diagonal (&).
2& Touch right heel diagonally forward right (2), Step right next to left (&).
3& Cross left over right (3), Step right slightly back on a right diagonal (&).
4 Touch left heel diagonally forward left (4).
5 Pivot ¼ turn left Stepping forward on left (5). [12:00]
6 Pivot ½ turn left Stepping back on right (6). [6:00]
7 Pivot ¼ turn left Stepping left to left side (7). [3:00]
&8 Step right next to left (&), Step left to left side (8).

(17–24) Vaudeville, And Point, Full Turn Rolling Vine Right.

1& Cross right over left (1), Step left slightly back on a left diagonal (&).
2& Touch right heel diagonally forward right (2), Step right next to left (&).
3& Cross left over right (3), Step right slightly back on a right diagonal (&).
4& Touch left heel diagonally forward left (4), Step left next to right (&).
5,6 Point right toe to right side (5), Pivot ¼ turn right Stepping forward on right (6). [6:00]
7 Pivot ½ turn right Stepping back on left (7). [12:00]
8 Pivot ¼ turn right Stepping right to right side (8). [3:00]

(25–32) Cross, Side Rock, Cross, Side Rock, Cross, Back, Hip Sways.

1 Cross left over right (1).
&2 Step right to right side (&), Rock (recover) back again onto left (2).
3 Cross right over left (3).
&4 Step left to left side (&), Rock (recover) back again onto right (4).
5,6 Cross left over right (5), Step back on right (6).
7,8 Step left to left side and Sway your hips left (7), Sway your hips right (8).

(33–40) Cross Rock, 1/4 Turn, Step, 1/2 Pivot Turn, Out-Out, In-In.

1& Cross left over right (1), Rock (recover) weight back again onto right (&).
2 Pivot ¼ turn left Stepping forward on left (2). [12:00]
3,4 Step forward on right (3), Pivot ½ turn right Stepping back on left (4). [6:00]
5,6 Step right to right side (5), Step left to left side (6).
7,8 Step right back to center (7), Step left next to right (8).

Funnel: OMIT the next 8 counts (41–48) and start the dance from count 49 on wall 3. You will be facing 6:00

(41–48) Walk Forward, Anchor Step, 1/2 Pivot Turn Twice, 1/2 Pivot Turn Into Shuffle Forward.

- 1,2 Step forward on right (1), Step forward on left (2).
- 3&4 Lock right behind left (3), Step down again on left in place (&), Step right slightly back (4).
- 5 Pivot ½ turn left Stepping forward on left (5). [12:00]
- 6 Pivot ½ turn left Stepping back on right (6). [6:00]
- 7 Pivot ½ turn left Stepping forward on left (7). [12:00]
- &8 Step right next to left (&), Step forward on left (8).

(49–56) Modified Mambo Steps, Walk Forward, Rock 1/2 Turn, Step (Mambo ½ Turn).

- 1& Step forward on right (1), Rock (recover) weight back again onto left (&).
- 2& Step right slightly back (2), Step back on left (&).
- 3& Rock (recover) weight forward again onto right (3), Step slightly forward on left (&).
- 4 Step slightly forward on right (4).
- 5,6 Step forward on left (5), Step forward on right (6).
- 7& Step forward on left (7), Rock (recover) weight back again onto right (&).
- 8 Pivot ½ turn left Stepping forward on left (8). [6:00]

(57–64) Modified Mambo Steps, Walk Forward, Shuffle Forward.

- 1& Step forward on right (1), Rock (recover) weight back again onto left (&).
- 2& Step right slightly back (2), Step back on left (&).
- 3& Rock (recover) weight forward again onto right (3), Step slightly forward on left (&).
- 4 Step slightly forward on right (4).
- 5,6 Step forward on left (5), Step forward on right (6).
- 7&8 Step forward on left (7), Step right next to left (&), Step forward on left (8).

(65–72) Step, 1/2 Pivot Turn, Coaster Step, Step, 1/2 Pivot Turn, Coaster Step.

- 1,2 Step forward on right (1), Pivot ½ turn right Stepping back on left (2). [12:00]
- 3&4 Step back on right (3), Step left next to right (&), Step forward on right (4).
- 5,6 Step forward on left (5), Pivot ½ turn left Stepping back on right (6). [6:00]
- 7&8 Step back on left (7), Step right next to left (&), Step forward on left (8).

(73–80) Modified Jazz Box 1/4 Turn & Cross, Side, Cross Rock, Side, 1/4 Pivot Turn, 1/2 Pivot Turn, ½ Turn Together.

- 1,2 Cross right over left (1), Step back on left (2).
- &3 Pivot ¼ turn left Stepping right next to left (&), Cross left over right (3). [3:00]
- 4 Step right to right side (4).
- 5& Cross left behind right (5), Rock (recover) weight forward again onto right (&).
- 6 Pivot ¼ turn right Stepping back on left (6). [6:00]
- 7 Pivot ½ turn right Stepping forward on right (7). [12:00]
- 8 Pivot ½ turn right Stepping left next to right (8). [6:00]

Note: Counts 1–48 is danced to the verse and counts 49–80 is danced to the chorus.

So at the end of the song, where the chorus is repeated, you dance the dance from count 49.

It's east to hear in the music, and you will probably do it automatically anyway.

The Mambo Step's are then ALWAYS danced to the chorus when they sing: Bombombom Bombombadilla Life