

Mohombi's Ride

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Phrased Intermediate
编舞者: Vera Kuiper (NL) - August 2010
音乐: Bumpy Ride - Mohombi



Info: Sequence AA – BB – AA – BB – AAA – BB – AAAA
Dance starts after 16 counts

Part A

Arm movements

- 1 Fist, Sway RA in front off body, Fist, Sway LA under RA in front off body
- &
- 2 Put fists together vertical in front off body
- 3 - 4 Put fists wide and elbows together
- 3 - 4 Make a snake movement with the RA to the left, Make a snake movement with the LA to the right
- 5
- &
- 6 Swing both arms to the right, Bump hips to the right
- &
- 6 Swing both arms back in front off body hips back
- &
- 7 Swing both arms to the right, Bump hips to the right
- &
- 7 Swing both arms back in front off body hips back
- &
- 8 Swing both arms to the right, Bump hips to the right
- &
- 8 Swing both arms back in front off body hips back

Arm movements

- 1 -2 Circle RA + LA along the body
- 3 -4 Kick RA diagonal to the left, Kick LA diagonal to the right
- 5
- &
- 6 Swing both arms to the left, Bump hips to the left
- &
- 6 Swing both arms back in front off body hips back
- &
- 7 Swing both arms to the left, Bump hips to the left
- &
- 7 Swing both arms back in front off body hips back
- &
- 8 Swing both arms to the left, Bump hips to the left
- &
- 8 Swing both arms back in front off body hips back

Part B

Side rock L, Behind side cross, Side rock R, Sailor ½ right.

- 1 -2 LF rock to the side, Rock back on Rf
- 3 &4 LF cross behind RV, RV step a side, LF cross over RF
- 5 -6 RF rock to the side, Rock back on LF
- 7&8 Step R behind L, Make ½ turn right steppin L beside R, Step RF in front

Rock step, Shuffle turn ½, Shuffle turn ½ Left, Coaster step

- 1 -2 Rock Lf to the front, rock back on RF
- 3 & 4 Shuffle ½ turn left - L-R-L
- 5 & 6 Shuffle ½ turn left – R-L-R
- 7 & 8 Step LF back , Step RF next to LF, Step LF in front

Out, out, Chasse R With arm movements, Out, Out Chasse ¼ Left with arm movements

- 1-2 Step RF out, Step LF out
- 3 & 4 Step RF a side, Close Lf to the Rf, Step RF a side

(Arms swing from right to left)

5 -6 Step LF out, Step Rf out

7 & 8 Step LF a side, Close RF to the LF, Step LF ¼ turn left.

Cross and point, Hip and hip, Cross and point, Hip and hip

1 & 2 RF cross over LF, LF step back, Point RF diagonal in front

3-4 Bump R hip up, Bump R hip up

& Close RF next to LF

5 & 6 LF cross over RF, RF step back, Point LF diagonal in front

7 -8 Bump L hip up, Bump LF hip up.

Just enjoy en dance with a lot of fun.
