

Bumper

拍数: 48 墙数: 4 级数: High Beginner
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音乐: Bumper - Cults



[1-8] DIAGONAL STEP TOUCH

1-2 Step R diagonally forward, Touch L beside right
3-4 Step L diagonally back, Touch R beside left
5-6 Step R diagonally back, Touch L beside right
7-8 Step L diagonally forward, Touch R beside left

[9-16] POINT, HOLD, POINT, HOLD, PIVOT ¼ L TURN, KICK BALL STEP

1-2& Point R toe to right, Hold, Step R beside left
3-4& Point L toe to left, Hold, Step L beside right
5-6 Step R forward, Pivot ¼ left (weight on left) (9:00)
7&8 Kick R forward, Step R beside left, Step L forward

[17-24] PIVOT ¼ L, CROSS SHUFFLE R, SWAY X 4

1-2 Step R forward, Pivot ¼ left (weight on left)
3-4 Step R across left, Step L side left, Step R across right
5-6 Step L to left and Sway to L, Sway R to right
7-8 Sway L to left, Sway R to right

[25-32] SAILOR STEP X2, UNWIND ½ TURN L, R/L APART

1&2 Step L behind right, Step R to left, Step L to left
3&4 Step R behind left, Step L to right, Step R to right
5-6 Cross L behind right, Unwind a ½ turn left (weight to left) (12:00)
7-8 Step R apart, Step L apart and bend knees for Bump

[33-40] BUMP BACKWARD, BUMP L X 2, BUMP R X 2, ROLL BACK SHOULDER LR

1-2 Bump hips backward and stretch knees, Bend knees and return hips to the center position
3&4 bump hips L, bump hips center, bump hips L
5&6 bump hips R, bump hips center, bump hips R
7-8 Roll L shoulder to behind and bend knees, Roll R shoulder to behind and stretch knees (weight on right)

[41-48] CROSS ROCK RECOVER, SHUFFLE ¼ TURN L, PIVOT ½ L, FULL TURN L

1-2 Rock L across left, Recover R
3-4 Step L side left, Step R beside left, ¼ left turn Step L forward (9:00)
5-6 Step R forward, Pivot ½ left (weight on left) (3:00)
7-8 Making ½ left Turn Step R back, Making ½ Turn left Step L forward (3:00)

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