

Bidi Bidi Bom Bom

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Marie H. Sacarello - December 2013
音乐: Bidi Bidi Bom Bom by DJ Fabian Mix



Count in: 24counts from start of track.

Note: It has been choreographed to use alternative starting foot in order to reduce stress on muscles & joints.

Section 1 (1-8) Side rock, recover, close, step x2, side rock, recover, close, stepx2

1-2 Rock/ step left to left side, recover weight onto right
3&4 Step left next to right, Step right in place, Step left in place
(Styling: Bump or sway hips to left, right, left on these counts)
5-6 Rock/step right to right side, recover weight onto left
7&8 Step right next to left, Step left in place, Step right in place
(Styling : Bump or sway hips to right, left, right on these counts)

Section 2 (9-16) Rocking chair, Step L, ¼ Pivot R, close, touch

1-2 Rock/step left forward, Recover weight onto right
3-4 Rock/ step back on left, Recover weight onto right
5-6 Step left forward, Make ¼ turn right transferring weight onto right
7-8 Step left next to right, touch right toes next to left

Section 3 (17-24) Same sequence as section 1 but start off with right foot

1-2 Rock/step right to right side, recover weight onto left
3&4 Step right next to left, Step left in place, Step right in place
(Styling: Bump or sway hips to RLR on these counts)
5-6 Rock/step left to left side, recover weight onto right
7&8 Step left next to right, Step right in place, Step left in place
(Styling : Bump or sway hips to LRL on these counts)

Section 4 (25-32) Same sequence as section 2 but start off with right foot

1-2 Rock/step right forward, Recover weight onto left
3-4 Rock/ step back on right, Recover weight onto left
5-6 Step right forward, Make ¼ turn left transferring weight onto left
7-8 Step right next to left, touch left toes next to right

Note: Ending on 11th wall, Section 2, stay facing on the front wall without ¼ R:-
Rocking chair, Walk LRL, hold

1-2 Rock/step left forward, Recover weight onto right
3-4 Rock/ step back on left, Recover weight onto right
5-6 Step forward on left, Step forward on right
7-8 Step forward on left, Hold and pause

Have fun and stay healthy!

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