

Bidi Bidi Bom Bom

拍数: 32 墙数: 4 级数: Phrased Advanced Beginner
编舞者: William Sevone (UK) - September 2014
音乐: Bidi Bidi Bom Bom - Selena : (Album: Dreaming Of You)



Dance sequence:- A+B – B – A+B – B – A+B – B – B – B

Choreographers note:- PART A coincides with the 'Bidi Bidi Bom Bom chorus' and STARTS the Wall.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts 16 counts in from the music with the Chorus line "Bidi Bidi Bom Bom"

PART A

PERFORMED ONLY AT THE START OF WALLS: 1(12:00), 3(6:00) and 5(12:00)

- 1 - 4 Leaning forward with arms outward – 4x Shake/Shimmy shoulders
- 5 - 8 Leaning backward with arms outward – 4x Shake/Shimmy shoulders
- 9 - 12 Leaning forward with arms outward – 4x Shake/Shimmy shoulders
- 13 - 16 Leaning backward with arms outward – 4x Shake/Shimmy shoulders

PART B

Diagonal Hip Sways. Hip Push:R-C-R. Diagonal Hip Sways. Hip Push:L-C-L (12:00)

- 1 - 2 Step right diagonally right & sway hip to right. Recover weight to left & sway hip to left.
- 3& 4 Step right to right side & push hips: Right-Centre-Right.
- 5 - 6 Step left diagonally left & sway hip to left. Recover weight to right & sway hip to right.
- 7& 8 Step left to left side & push hips: Left-Centre-Left.

Dance tip:☐On each count (1 to 8) - step down onto each foot.

1/4 Side Sway. Rec. 3/4 Cha Cha. Rock Behind. Recover. Side-Rock Behind-Cross (12:00)

- 9 - 10 Turn ¼ left (9) & step right to right side with hip sway. Recover onto left.
- 11& 12 Turn ¼ left (6) & step right next to left, turn ¼ left (3) & step left next to right, turn ¼ left (12) & step right to right side.
- 13 - 14 Cross rock left behind right. Recover onto right.
- 15& 16 Step left to left side, cross rock right behind left, cross left over right.

Dance tip:☐Counts 9-10 - step down onto each foot.

Side Sway. Rec. 3/4 Triple. Rock behind. Recover. Side-Rock Behind-Cross (3:00)

- 17 - 18 Step right to right side with hip sway. Recover onto left.
- 19 & 20 Turn ¼ left (9) & step right next to left, turn ¼ left (6) & step left next to right, turn ¼ left (3) & step right to right side.
- 21 - 22 Cross rock left behind right. Recover onto right.
- 23 & 24 Step left to left side, cross rock right behind left, cross left over right.

Dance tip:☐Counts 17-18 - step down onto each foot.

2x Dipping Hip Sway - 1/2 Triple. (Repeat) (3:00)

- 25 - 26 Step right to right side – with knee bend and hip sway. Recover onto left - with knee bend and hip sway.
- 27& 28 Triple step (on-the-spot) ½ right (9) stepping: R-L-R
- 29 - 30 Step left to left side – with knee bend and hip sway. Recover onto right - with knee bend and hip sway.
- 31& 32 Triple Step (on-the-spot) ½ left (3) stepping: L-R-L.

Dance note:☐Counts 25-26 and 29-30 are performed (each count) in a down-up motion with a subtle hip sway

The dancers can also place their hands on the front of the thighs for 'effect' and also balance..

Dance Finish: End of Wall 8 – facing 'home': Create a pose for the final 4 counts of the musical fade.

