

Bumpy Ride (zh)

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Mishi Ziminski (USA), Ryan Pascarella (USA) & Kevin Abrams (USA) - 2011年01月
音樂: Bumpy Ride - Mohombi : (CD: Bumpy Ride)



前奏 : start 16 counts after the lyrics

Part A A部份(32拍)

第一段 Step, Wizard, Bump & Bump, Step, Wizard, Bump & Bump

- 1-2& Step right forward, cross left behind right, step right forward
右足前踏, 左足於右足後交叉踏, 右足前踏
- 3&4 Bump left hip up, bump left hip down, step on left
左臀推上, 左臀推下, 左足踏
- 5-6& Step right forward, cross left behind right, step right forward
右足前踏, 左足於右足後交叉踏, 右足前踏
- 7&8 Bump left hip up, bump left hip down, step on left
左臀推上, 左臀推下, 左足踏

第二段 Paddle ½, Cross, Side, Step, Cross ½ Step

- 1-2 Paddle 1/8 turn over left shoulder, paddle 1/8 turn over left shoulder 左轉45度划槳步, 左轉45度划槳步
- 3-4 Paddle 1/8 turn over left shoulder, paddle 1/8 turn over left shoulder 左轉45度划槳步, 左轉45度划槳步
- 5&6 Cross right over left, step left to side, step center with right
右足於左足前交叉踏, 左足左踏, 右足併踏
- 7&8 Cross left over right, step ¼ right back, step ¼ left forward
左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足前踏

第三段 Crossing ¼ Shuffle, Forward Coaster Step, Back, Lock, Back, Touch Unwind ½

- 1&2 Cross right over left, step left ¼ to left side, step right forward
右足於左足前交叉踏, 左轉90度左足左踏, 右足前踏
- 3&4 Step left forward, step right together, step left back
左足前踏, 右足併踏, 左足後踏
- 5&6 Step right back, cross left in front of right, step right back
右足後踏, 左足於右足前交叉踏, 右足後踏
- 7-8 Touch left back, unwind ½ over left shoulder stepping on left
左足後點, 左繞轉180度左足踏

第四段 Brush, ¼ Hitch, Step, Sway, Sway, Sailor Step, Sailor Step

- 1&2 Brush right, hitch right turn ¼ left, step on right
右足前刷, 右膝抬左轉90度, 右足踏
- 3-4 Sway right with weight on right, sway left putting weight on left
右擺臀重心在右足, 左擺臀重心在左足
- 5&6 Cross right behind left, step left to side, step center on right
右足於左足後交叉踏, 左足左踏, 右足併踏
- 7&8 Cross left behind right, step right to side, step center on left
左足於右足後交叉踏, 右足右踏, 左足併踏

Part B B部份(64拍)

第一段 Slide, Touch, Side Slide, Touch, Ball Cross, ¼ Unwind

- 1-2 Slide right forward, touch left together
右足前滑, 左足併點
- 3-4 Slide left to side, touch right together
左足左滑, 右足併點
- &5 Step on ball of right, cross left over right
右足踏, 左足於右足前交叉踏
- 6-8 Unwind $\frac{3}{4}$ turn over right to face 9:00 (weight ends on left)
右繞轉270度, 面向9點鐘(重心在左足)

第二段 Skate X4, Jazz Box

- 1-4 Skate right, left, right, left
滑冰步-右, 左, 右, 左
- 5-8 Cross rock right over left, step left back, step side on right, step center on left
右足於左足前交叉下沉, 左足後踏, 右足右踏, 左足併踏

第三段 Forward Mambo, Back Mambo, Step Lock, Step, Step, Lock, Step

- 1&2 Step right forward, step together with left, step right back
右足前踏, 左足併踏, 右足後踏
- 3&4 Step left back, step together with right, step left forward
左足後踏, 右足併踏, 左足前踏
- 5&6 Step right forward, lock left behind right, step right forward
右足前踏, 左足於右足後鎖踏, 右足前踏
- 7&8 Step left forward, lock right behind left, step left forward
左足前踏, 右足於左足後鎖踏, 左足前踏

第四段 $\frac{3}{4}$ Walking Turn (6 Counts), Forward Shuffle

- 1-6 Walk right, left, right, left, right, left making $\frac{3}{4}$ turn over left shoulder (12:00)
前走步-右, 左, 右, 左, 右, 左, 總共左轉270度(面向12點鐘)
- 7&8 Step right forward, step left together, step right forward
右足前踏, 左足併踏, 右足前踏

第五段 Side Rock, Recover, Behind & In Front, Side Rock, Recover, Behind & In Front

- 1-2 Rock left to side, recover to right
左足左下沉, 右足回復
- 3&4 Cross left behind right, step right to side, cross left in front of right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Rock right to side, recover to left
右足右下沉, 左足回復
- 7&8 Cross right behind left, step left to side, cross right in front of left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第六段 $\frac{1}{4}$ Shuffle, Pivot $\frac{1}{2}$ Turn, Walk, Walk, Forward Shuffle

- 1&2 Step left forward $\frac{1}{4}$ to left, step right together, step left forward (9:00) 左轉90度左足前踏, 右足併踏, 左足前踏(面向9點鐘)
- 3-4 Step right forward, turn $\frac{1}{2}$ over left shoulder weight ending on left (3:00) 右足前踏, 左轉180度重心在左足(面向3點鐘)
- 5-6 Step right forward, step left forward 右足前踏, 左足前踏
- 7&8 Step right forward, step left together, step right forward
右足前踏, 左足併踏, 右足前踏

第七段 $\frac{1}{4}$ Rock, Recover, Behind & In Front, Rock, Recover, Behind & In Front

- 1-2 Rock left to side making $\frac{1}{4}$ turn over right shoulder, recover to right (6:00) 左足左下沉右轉90度, 右足回復(面向6點鐘)

- 3&4 Left behind right, step right to side, cross left in front of right
左足於右足後踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Rock right to side, recover to left
右足右下沉, 左足回復
- 7&8 Cross right behind left, step left to side, cross right in front of left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 第八段 ¼ Shuffle, Pivot ½ Turn, ½ Turn Shuffle, ¼ Sailor Step**
- 1&2 Step left forward ¼ to left, step right together, step left forward (3:00) 左轉90度左足前踏, 右足併踏, 左足前踏(面向3點鐘)
- 3-4 Step right forward, turn ½ over left shoulder weight ending on left (9:00) 右足前踏, 左轉180度重心在左足
- 5&6 Shuffle right, left, right making a ½ turn over left shoulder (3:00)
左180度轉交換-右, 左, 右(面向3點鐘)
- 7&8 Step left ¼ behind right turning over left shoulder, step right to side, step left center (12:00)
左轉90度右足於右足後踏, 右足右踏, 左足併踏(面向12點鐘)
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