

Lady Bump

COPPER KNOB
STEPSHEETS

拍數: 96
牆數: 2
編舞者: BM Leong (MY) - March 2015
音樂: Lady Bump - Penny McLean

級數: Phrased Easy Intermediate



Sequence of dance: ABB/ABB/A(48)BB(16)

Intro: 32 counts.

(A) – 64 counts

A1: RIGHT VINE, TOUCH, POINT, TOUCH, POINT, TOUCH

- 1-2 Step R to right side, cross L behind R
- 3-4 Step R to right side, touch L together
- 5-6 Point L to left side pointing left hand up to left side, touch L together pointing left hand down to right side
- 7-8 Point L to left side pointing left hand up to left side, touch L together pointing left hand down to right side

A2: LEFT ROLLING VINE, TOUCH, SIDE, HOLD, SIDE, HOLD

- 1-4 Left rolling vine on LRL, touch R together
- 5-6 Step R to right side pointing both thumbs at yourself, hold
- 7-8 Step L to left side pointing both thumbs at yourself, hold

A3: RIGHT ROLLING VINE, TOUCH, SIDE, TOUCH, SIDE, TOUCH

- 1-4 Right rolling vine on RLR, touch L together
- 5-6 Step L to left side pushing both hands forward, cross-touch R behind L pulling both elbows back
- 7-8 Step R to right side pushing both hands forward, cross-touch L behind R pulling both elbows back

A4: LEFT VINE, TOUCH, BACK, HOLD, FORWARD, HOLD

- 1-2 Step L to left side, cross R behind L
- 3-4 Step L to left side, touch R together
- 5-6 Step R back pointing both thumbs at yourself, hold
- 7-8 Recover onto L, hold

A5: MONTEREY HALF TURN RIGHT, SIDE, SHIMMY, TOGETHER, CLAP

- 1-2 Point R to right side, 1/2 turn right step R together
- 3-4 Point L to left side, step L together
- 5-6 Step R to right side, shimmy shoulders
- 7-8 Step L together, clap

A6: RIGHT DIAGONAL SHOOP, SCUFF, LEFT DIAGONAL SHOOP, SCUFF

- 1-2 Step R forward along right diagonal, step L together
- 3-4 Step R forward again, scuff L forward
- 5-6 Step L forward along left diagonal, step R together
- 7-8 Step L forward again, scuff R forward

A7: PADDLE 1/4 TURN LEFT X 2, SIDE, SHIMMY, TOGETHER, CLAP

- 1-2 Step R forward, pivot 1/4 turn left
- 3-4 Step R forward, pivot 1/4 turn left
- 5-6 Step R to right side, shimmy shoulders
- 7-8 Step L together, clap

A8: FORWARD TOE STRUTS X 4

- 1-2 Touch right toes forward, step right heel down
- 3-4 Touch left toes forward, step left heel down
- 5-6 Touch right toes forward, step right heel down
- 7-8 Touch left toes forward, step left heel down

(B) – 32 counts

B1: HIP BUMPS RRL/RLR

- 1-4 Bump hips RRL
- 5-8 Bump hips RLR

B2: RIGHT & LEFT DIAGONAL FORWARD CHA CHA, WALK BACK RLR

- 1&2 Cha cha forward along right diagonal on RLR
- 3&4 Cha cha forward along left diagonal on LRL
- 5-8 Walk backward on RLR rotating both palms on the sides

B3: C-BUMPS RIGHT & LEFT

- 1-2 Bump right hip up raising right heel, bump right hip down bending knees
- 3-4 Bump right hip up raising right heel, bump right hip down bending knees

(styling – draw a big C with right hand)

- 5-6 Bump left hip up raising left heel, bump left hip down bending knees
- 7-8 Bump left hip up raising left heel, bump left hip down bending knees

(styling – draw a big C with left hand)

B4: PADDLE 1/4 TURN LEFT X 4, WALK OR RUN FORWARD ON RLR

- 1-2 Step R forward, pivot 1/4 turn left
- 3-4 Step R forward, pivot 1/4 turn left
- 5-8 Walk or run forward on RLR

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