

The Bomp

拍數: 64 牆數: 2 級數: Improver
編舞者: Kim Ray (UK) - May 2015
音樂: Who Put the Bomp? - The Overtones : (Album: Saturday Night At The Movies)



Intro: 8 counts once music kicks in

S1: TOE STRUTS, ROCKING CHAIR

1-2 Step forward on right toe, drop down heel
3-4 Step forward on left toe, drop down heel
5-6 Rock forward on right, recover back on left
7-8 Rock back on right, recover forward on left (12o/c)

S2: TOE STRUTS, ROCKING CHAIR

1-2 Step forward on right toe, drop down heel
3-4 Step forward on left toe, drop down heel
5-6 Rock forward on right, recover back on left
7-8 Rock back on right, recover forward on left (12o/c)

S3: STEP FORWARD, HOLD, ½ PIVOT TURN LEFT, HOLD, ¼ PIVOT CROSS HOLD

1-2 Step forward on right, hold
3-4 ½ pivot turn left, hold (6o/c)
5-6 Step forward on right, ¼ pivot turn left (3o/c)
7-8 Cross right over left, hold

S4: STEP BACK LEFT, HOLD, STEP BACK RIGHT, HOLD, LEFT SHUFFLE FORWARD, HOLD

1-2 Large step back on left pushing bum back, hold
3-4 Step right next to left, hold
5-6 Step forward on left, step right next to left
7-8 Step forward on left, hold (3o/c)

S5: SIDE STEP RIGHT, HOLD, BACK ROCK/RECOVER, SIDE STEP LEFT, HOLD, BACK ROCK/RECOVER,

1-2 Large step to right side, hold
3-4 Rock back on left, recover on right
5-6 Large step to left side, hold
7-8 Rock back on right, recover on left (3o/c)

S6: RUMBA BOX WITH HOLDS

1-2 Step side right, step left next to right
3-4 Step forward on right, hold
5-6 Step side left, step right next to left
7-8 Step back on left, hold (3o/c)

S7: RIGHT LOCK STEP BACK, HOLD, COASTER STEP, HOLD

1-2 Step back on right, cross left over right
3-4 Step back on right, hold
5-6 Step back on left, step right next to left
7-8 Step forward on left, hold (3o/c)

S8: WALKS FORWARD, HOLD, RUN ¾ TURN LEFT

1-2 Step forward on right, hold
3-4 Step forward on left, hold

5-6 Start to make a $\frac{3}{4}$ turn left, run round stepping right, left
7-8 Finish $\frac{3}{4}$ turn left, running round stepping right, left (6o/c)

**Ending: You will finish dance facing front wall - dance first 16 counts then:-
Stomp right foot forward and splay arms to sides.**

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