

Beginner Bomp

拍數: 32 牆數: 4 級數: Beginner
編舞者: Micaela Svensson Erlandsson (SWE) - October 2015
音樂: Just One Look - Linda Ronstadt



**** A big thank you to Ted Johansson for suggesting this music.**

Intro: 16 count.

Section 1: Walk. Walk. Forward Shuffle. Step. 1/2 turn right. Forward Shuffle.

1-2 Walk forward on right. Walk forward on left.
3&4 Step forward on right. Close left beside right. Step forward on right.
5-6 Step forward on left. Turn 1/2 right.
7&8 Step forward on left. Close right beside left. Step forward on left.

Section 2: Hip Bumps right. Hip Bumps left. Hip Bumps right. Hip Bumps left.

1-2 Step slightly forward diagonally on right Bumping hips right. Step forward on right.
3-4 Step slightly forward diagonally on left Bumping hips left. Step forward on left.
5-6 Step slightly forward diagonally on right Bumping hips right. Step forward on right.
7-8 Step slightly forward diagonally on left Bumping hips left. Step forward on left.

Section 3: Forward Rock. Coaster Step. Forward Rock. Shuffle 1/2 Turn back.

1-2 Rock forward on right. Recover onto left.
3&4 Step back on right. Step left beside right. Step forward on right.
5-6 Rock forward on left. Recover onto right.
7&8 Shuffle 1/2 Turn back over left shoulder, stepping left, right, left.

Section 4: Step. 1/4 Turn left. Heel Ball Step. Step. 1/2 Turn left. Step. 1/2 Turn left.

1-2 Step forward on right. Turn 1/4 left.
3&4 Touch right heel forward. Step down on right taking weight. Step forward on left.
5-8 Step forward on right. Turn 1/2 left. Step forward on right. Turn 1/2 left.
