

Beat The Heat Wou Bom Ba

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Improver

編舞者: Winston Yew (SG) - May 2016

音樂: Re Li Jie Pai Wou Bom Ba (熱力節拍Wou Bom Ba) - Grasshopper (草蜢), Shirley Kwan (關淑怡), Karen Tong (湯寶如) & Winnie Lau (劉小慧)



Intro: 32 Counts from chorus "Wou Bom Ba". Dance starts on 1st verse of song. 【00:36】

Note: This dance is specially dedicated to all Mummies & of course all Daddies for the coming Mothers' & Fathers' Day 2016.

Also, I will like to take this opportunity to express my most sincere thanks and appreciation to all my valued students, supporters and friends for all my Birthday Celebrations & Greetings. □□

§1: Walk, Walk, Fwd Lock Steps, Fwd Rock, Recover, ½ L Shuffle Turn

123&4 Walk fwd on R-L, Step R fwd, Lock L behind R, Step R fwd
567&8 Rock L fwd, Recover R, ¼ L step L to L, step R beside L, ¼ L step L fwd 【6:00】

§2: Side (Dip), Rolling Hip Diag. Touch, Step In Place (Dip), Rolling Hip Diag. Touch, Modified Charleston

12 Step R to R dipping down slightly, roll hips cc/w as you touch L diag. fwd
34 Step L down dipping down slightly, roll hips c/w as you touch R diag. fwd
5678 Step R fwd, Kick L fwd, Step L back, Touch R toes back.

§3: Fwd Rock, Recover, Coaster Step, Fwd, ½ L Back, Back, Hook

123&4 Rock R fwd, Recover L, Step R back, Step L beside R, Step R fwd
5678 Step L fwd, ½ L step R back, Step L back, Hook R over L knee 【12:00】

§4: Diag. R - Fwd, Lock, Fwd Lock Steps, 1/8 R Fwd, Lock, Fwd Lock Steps

123&4 1/8 R to face diag. 1:30 – Step R fwd, Lock L behind R, Step R fwd, Lock L behind R, Step R fwd 【1:30】
567&8 1/8 R to face diag. 3:00 - Step L fwd, Lock R behind L, Step L fwd, Lock R behind L, Step L fwd 【3:00】

§5: Side, Behind Touch, Side, Behind Touch, Side, Behind Touch, ¼ L Fwd, ½ L Back

12 Step R to R raising both arms, Swing both arms to R as you touch L toes behind R looking towards R side
34 Step L to L raising both arms, Swing both arms to L as you touch R toes behind L looking towards L side
5678 Step R to R raising both arms, Swing both arms to R as you touch L toes □ behind R looking towards R side, ¼ L step L fwd, ½ L step R back

§6: Side, Behind Touch, Side, Behind Touch, Side, Behind Touch, ¼ R Fwd, ½ R Back

12 ¼ L step L to L raising both arms, Swing both arms to L as you touch R toes behind L looking towards L side 【3:00】
34 Step R to R raising both arms, Swing both arms to R as you touch L toes behind R looking towards R side
5678 Step L to L raising both arms, Swing both arms to L as you touch R toes □ behind L looking towards L side, ¼ R step R fwd, ½ R step L back

§7: ¼ R Side Hip Bumps R-L-R, L-R-L, Back (Facing diag. 4:30) Hip Bumps R-L-R, Back (Facing 1:30) Hip Bumps L-R-L

1&23&4 ¼ R step R to R bump hips to side on R-L-R, bump hips to side on L-R-L 【3:00】
5&6 Step R back angling body to face diag. 4:30 bump hips R-L-R 【3:00】
7&8 Step L back angling body to face 1:30 bump hips L-R-L 【3:00】

§8: □□ Behind Touch, ½ R Step Down, Fwd, Side Touch, Jazz Box With A Cross

12 Touch R behind L, ½ R step down onto R **【9:00】**
34 Step L fwd, Touch R toes to R
5678 Cross R over L, Step L back, Step R to R, Cross L over R

Repeat

#4 Counts Tag: At End of Wall 1, 2, 3 & 4 facing 9:00, 6:00, 3:00 & 12:00.

12 Step R diag. R fwd rolling R hip fwd to R (2 counts)
34 Step L diag. L fwd rolling L hips fwd to L (2 counts)

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