

Backwood Bump

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
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音樂: Backwood Bump - Waterloo Revival : (iTunes)



#8 Count Intro

S1: Step, Touch, Step Touch, Step Lock Step, Step, Touch, Step, Touch, Step Lock Step

1&2& Step R diagonal (1), Touch L next to R (&), Step L back diagonal (2), Touch R next to L (&) (12:00)
3&4 Step R diagonal (3), Lock L behind R (&), Step R forward (4) (12:00)
5&6& Step L diagonal (5), Touch R next to L (&), Step R back diagonal (6), Touch L next to R (&) (12:00)
7&8 Step L diagonal (7), Lock R behind L (&), Step L forward (8) (12:00)

Restart happens here on your 3rd wall facing 6:00

S2: Cross Mambo, Cross Mambo, Roll Hips 1/4 Turn, Roll Hips 1/4 Turn

1&2 Rock R over L (1), Recover back on L (&), Step R to side (2) (12:00)
3&4 Rock L over R (3), Recover back on R (&), Step L to side (4) (12:00)
5,6 Step R forward (5), Roll your hips counter clockwise to the L as you make a 1/4 turn (6) (9:00)
7,8 Step R forward (7), Roll your hips counter clockwise to the L as you make a 1/4 turn (8) (6:00)

S3: Cross, Back, Heel Fan, Heel Fan, Back, Side, Step, Lock, Step, Step, Step

1,2 Cross R over L (1), Step L back (2) (6:00)
3,4 Step back on R while fanning L toes out (3), Step back on L while fanning R toes out (4) (6:00)

(For Styling: Only on the Side walls the lyrics will say "If you don't know how to do the Nae Nae" You will put your R hand in the air and sway it from R to L. Also put your L hand back diagonal while fanning back)

5&6& Step R behind L (5), Step L to side (&), Step R forward (6) Lock L behind R (&) (6:00)
7&8 Step R forward (7), Step L forward (&), Step R forward (8), (6:00)

S4: Rock, Recover, 1/2 Turn Triple, Rocking Chair, Step, Knee Pop

1,2 Rock L forward (1), Recover back on R (2) (6:00)
3&4 Step L 1/2 turn over L shoulder (3), Step R next to L (&), Step L forward (4) (12:00)
5&6& Rock R forward (5), Recover back on L (&), Rock R back (6), Recover forward on L (&) (12:00)
7&8 Step R next to L (7), Pop both knees forward while lifting your heels (&), Replace weight on heels (8) (12:00)

S5: Toe back, 1/2 Turn, Dip down Right, Dip Down Left, Bump Hips, Thrust Forward, Thrust Back,

1,2 Touch L toe back (1), Unwind 1/2 turn over L shoulder (2) (6:00)
3,4 Dip down R and sway R (3), Dip down L and sway L (4) (6:00)
5,6 Bump hips R (5), Bump Hips R (6) (6:00)
7,8 Thrust pelvis forward (7), Push butt back (8) (6:00) *Weight ends on L*

S6: Point Forward, Point Back, Step, Touch, Step, Touch, 1/4 Turn Triple, Chase 1/2 Turn

1,2 Point R to forward (1), Point R back (2) (12:00)
3&4& Step R to side (3), Touch L next to R (&), Step L to side (4), Touch R next to L (&) (6:00)
5&6 Step R 1/4 turn over R shoulder (5), Step L next to R (&), Step R forward (6) (9:00)
7&8 Step L forward (7), Pivot 1/2 turn over R shoulder (&), Step L forward (8) (3:00)

Repeat and Enjoy!
