

Bom Bidi Bom

拍數: 48 牆數: 2 級數: High Intermediate
編舞者: Linda McCormack (UK) & Willie Brown (SCO) - April 2017
音樂: Bom Bidi Bom - Nick Jonas & Nicki Minaj



Notes: start after 16 counts

[1-8] Walk, walk, anchor step, together, cross, touch toe, tap forward, hold, together, step forward, ½ pivot.

- 1,2 Walk forward RF (1), walk forward LF (2);
3&4 On the right diagonal step RF behind LF (3); recover weight in place to LF (&); step back on the RF (4);
&5&6 Still on right diagonal, step LF together next to RF (&); cross RF over LF (5); tap left toe forward (12.00 wall) (&); touch left toe forward (6);
7&8& Hold (7); step LF together with RF (&); step RF forward (8); ½ turn pivot over left shoulder, weight back onto RF once turned (&);

[9-16] □ Together, knee pop, heel jack, together, cross, ¼, behind cross, ¼, cross, side, behind touch.

- 1&2 Step LF together with RF (7); putting weight forward onto the toes pop knees forward (&); recover knees back to standing (2);
3&4 Cross RF over LF (3); step LF to left side (&); right heel to right side (4);
&5&6 Step RF together with LF (&); cross LF over RF (5); ¼ turn left stepping RF slightly to the right (7); cross LF behind RF (6);
&7&8 ¼ turn left stepping RF slightly to the right side (&); cross LF over RF (7); step RF to right side (7); touch left toe behind RF (8);

[17-24] Touch side with 2 hip bumps (last one taking weight), rocking chair, ¼ touch side with 2 hip bumps (last one taking weight), ¼ coaster step.

- 1&2 Touch LF to the left side with two left hip bumps, the second taking the weight to the LF as you square up to the 9.00 wall (1&2);
3&4& Rock forward into the RF (3); recover weight back onto the LF (&); rock back on the RF (4); recover weight forward onto the LF (&);
5&6 ¼ turn left touching RF to right side as you bump right hip twice, last one taking the weight (5&6);
7&8 ¼ turn left stepping LF back (7); step RF next to LF (&); step forward in the LF (8);

[25-32] Funky walks on diagonal R, L, double R, L, R, sailor, cross.

- 1&2& Step RF to right diagonal (1); touch left toe next to RF (&); step LF to left diagonal (2); touch right toe next to LF (&);
3&4& Step RF to right diagonal (3); step left toe next to RF (&); step RF to right diagonal (4); touch left toe next to RF (&);
5&6 Step LF to left diagonal (5); touch right toe next to LF (&); step RF to right diagonal (6);
7&8 Cross LF behind RF (7); step RF to right side (&); cross LF over RF (8);

[&33-40] Side, together, cross, ¼, ¼, cross, tap, side rock, step, bump hips round.

- &1,2 Step RF to right side (&); step LF next to RF (1); cross RF over LF (2);
3&4 ¼ turn right stepping back on the LF (3); ¼ turn right stepping RF to right side (&); cross LF over RF (4);
&5,6 Tap right toe to ride side (&); step RF to right side (5); recover weight to LF (6);
7&8& Bump hips in a square: right, back, left, forward (7&8&)

[41-48] Cross, back, side, cross, ¼ back, side, ball, step, 4 chugs turning ½ turn.

- 1&2& Cross LF over RF (1); step back on RF (&); step LF to left side (2); cross RF over LF (&);
3&4 ¼ turn right stepping back on the LF (3); step RF to right side (&); step forward on LF (4);

&5 Tap right toe forward (&); stomp RF forward (5);
6,7,8 3 x chugs a ½ turn on the RF (6,7,8);
