

Bboom Bboom

拍數: 192 牆數: 1 級數: Phrased High Intermediate
編舞者: Evonne Ng (MY) - March 2018
音樂: Bboom Bboom (뽐뽐) - MOMOLAND (모모랜드)



Intro : 32 counts from the strong beats (start dancing on the word "Bboom")

Sequence : A(64), B(32), C(32), D(32), E(32), A(32, dance from Section 5 of Part A), B(32), C(32), tag(32), C(32), D(32, with the last two counts 7-8 of Section 4 changed to 7&8 "Walk forward on R, walk forward on L, step R to right side with any pose" to end the dance)

Part A (64 counts)

Section A1 : Step back RLRL facing diagonal left, Step R to right with hold, hip sway LR

- 1 – 2 Step back on R facing diagonal left (1), step back on L (2)
- 3 – 4 Step back on R (3), step back on L (4)
- 5 – 6 Step R to right side (5), hold (6)
- 7 – 8 Hip sway to L (7), hip sway to R (8)

Section A2 : Step forward LRLR facing diagonal left, Step forward on L with hold, touch forward on R with hold

- 1 – 2 Step forward on L facing diagonal left (1), step forward on R (2)
- 3 – 4 Step forward on L (3), step forward on R (4)
- 5 – 6 Step forward on L (5), hold (6)
- 7 – 8 Touch forward on R with head down (7), head up (8)

Section A3 : Step hitch RLRL ½ turn R, Step hitch RLRL on the spot

- 1 – 2 Step forward on R with hitch on L while turning 1/8 right to face 12.00 (1), Step forward on L with hitch on R while turning to face 2.00 (2)
- 3 – 4 Step forward on R with hitch on L while turning to face 4.00 (3), Step forward on L with hitch on R while turning to face 6.00 (4)
- 5 – 6 Step R beside L with hitch on L (5), step L beside R with hitch on R (6)
- 7 – 8 Step R beside L with hitch on L (7), step L beside R with hitch on R (8)

Section A4 : Rolling Vine R & L

- 1 – 2 Step forward on R ¼ turn right (1), step back on L ½ turn right (2)
- 3 – 4 Step R to right side ¼ turn right (3), touch L beside R (4)
- 5 – 6 Step forward on L ¼ turn left (5), step back on R ½ turn left (6)
- 7 – 8 Step L to left side ¼ turn left (7), touch R beside L (8)

Section A5 : {Step forward facing diagonal right, touch, step back diagonal, touch} x 2

- 1 – 2 Step forward on R diagonal right (1), touch L beside R (2)
- 3 – 4 Step back on L facing diagonal right (3), touch R beside L (4)
- 5 – 6 Step forward on R diagonal right (5), touch L beside R (6)
- 7 – 8 Step back on L facing diagonal right (7), touch R beside L (8)

Section A6 : Step forward RLRL, hip sway RLRL

- 1 – 2 Step forward on R (1), step forward on L (2)
- 3 – 4 Step forward on R (3), step forward on L (4)
- 5 – 6 Hip sway to R (5), Hip sway to L (6)
- 7 – 8 Hip sway to R (7), Hip sway to L (8)

Section A7 : Step on the spot RLRL with hip sway, {step with hip roll ¼ turn left} x 2

- 1 – 2 Step R beside L with hip sway to right (1), step L beside R with hip sway to left (2)
- 3 – 4 Step R beside L with hip sway to right (3), step L beside R with hip sway to left (4)

- 5 – 6 Step forward on R with hip roll anticlockwise ¼ turn left (5), step L to left side (6)
7 – 8 Step forward on R with hip roll anticlockwise ¼ turn left (7), step L to left side (8)

Section A8 : Jazz box, swivel heels to RLRL

- 1 – 2 Cross R over L (1), step back on L (2)
3 – 4 Step R to right side (3), cross L over R (4)
5 – 6 Step back on R ball with swivel both heels to right (5), step back on L ball with swivel both heels to left (6)
7 – 8 Step back on R ball with swivel both heels to right (7), step back on L ball with swivel both heels to left (8)

Part B (32 counts)

Section B1 : Step together with hip roll, step out RL, drag R from right side to left, touch R beside L

- 1 – 4 Step R beside L with hip roll from bottom to up (1 2 3), step out on R to right side and L to left side (4)
5 – 8 Drag R from right side to left (5 6 7), touch R beside L (8)

Section B2 : Pivot ½ turn L x 2

- 1 2 Step forward on R (1), hold (2)
3 4 Step forward on L ½ turn left (3), hold (4)
5 6 Step forward on R (5), hold (6)
7 8 Step forward on L ½ turn left (7), hold (8)

Section B3 : Forward diagonal, touch RLRL

- 1 - 2 Step forward on R facing diagonal right (1), touch L beside R (2)
3 - 4 Step forward on L facing diagonal left (3), touch R beside L (4)
5 - 6 Step forward on R facing diagonal right (5), touch L beside R (6)
7 - 8 Step forward on L facing diagonal left (7), touch R beside L (8)

Section B4 : Out out in in, out out, pose

- 1 – 2 Step out on R (1), step out on L (2)
3 – 4 Step back on R (3), step L to left side (4)
5 – 8 Step out on R and L with any pose (5 6 7 8)

Part C (32 counts)

Section C1 : Hip sway to RLRLRLRL

- 1 – 8 Hip sway to RLRLRLRL (1-8) with any sexy moves

Section C2 : hip sway to RLRL ¼ turn right, touch, step RL, ½ turn left

- 1 – 4 Step R to right side with hip sway RLRL ¼ turn right with any sexy moves (1 2 3 4)
5 – 6 Touch R beside L (5), hold (6)
7 – 8 Step R to right side ½ turn left (7), step L to left side (8)

Section C3 : Hip sway to RLRLRLRL

- 1 – 8 Hip sway to RLRLRLRL (1-8) with any sexy moves

Section C4 : Step together ¼ turn right while pushing up with both hands, forward together facing diagonal left, push up with both hands, side together

- 1 – 2 Step R beside L ¼ turn right facing diagonal right while pushing up with both hands twice (1 2)
3 – 4 Step forward on L facing diagonal left (3), step R beside L (4)
5 – 6 Push up with both hands twice (5 6)
7 – 8 Step R to right side facing 12.00 (7), step L beside R (8)

Part D (32 counts)

Section D1 : Step out RLRL, hip bump back on R x 4

- 1 – 2 Step R to right side (1), step L to left side (2)
- 3 – 4 Step R to right side (3), step L to left side (4)
- 5 – 6 Hip bump back on R (5), hip bump back on R (6)
- 7 – 8 Hip bump back on R (7), hip bump back on R (weight ending on right) (8)

Section D2 : Step out LRLR, hip roll anticlockwise x 2

- 1 – 2 Step L to left side (1), step R to right side (2)
- 3 – 4 Step L to left side (3), step R to right side (4)
- 5 – 6 Hip roll anticlockwise (5 6)
- 7 – 8 Hip roll anticlockwise (7 8)

Section D3 : Step forward with touch RLRL RLRL ½ turn R

- 1 – 4 {Step forward on R with touch on L, step forward on L with touch on R} x 2 ¼ turn R (1 2 3 4)
- 5 – 8 {Step forward on R with touch on L, step forward on L with touch on R} x 2 ¼ turn R (5 6 7 8)

Section D4 : Step together while pushing up with right hand, forward together facing diagonal left, push up with right hand, step back on R, step forward on L ½ turn left

- 1 – 2 Step R beside L while pushing up with right hand twice (1 2)
- 3 – 4 Step forward on L facing diagonal left (3), step R beside L (4)
- 5 – 6 Push up with right hand twice (5 6)
- 7 – 8 Step back on R (7), step forward on L ½ turn left (8)

Part E (32 counts)

Section E1 : Grapevine to R, hip up and down x 2

- 1 – 2 Step R to right side (1), cross L behind R (2)
- 3 – 4 Step R to right side (3), cross L over R (4)
- 5 – 6 Right hip up (5), Right hip down (6)
- 7 – 8 Right hip up (7), Right hip down (8)

Section E2 : Grapevine to L, Jazz box

- 1 – 2 Step L to left side (1), cross R behind L (2)
- 3 – 4 Step L to left side (3), cross R over L (4)
- 5 – 6 Cross L over R (5), step back on R (6)
- 7 – 8 Step L to left side (7), cross R over L (8)

Section 3 : Step L to left side with body roll from right to left side, hip sway to right (weight on right), hip sway to LRLRL

- 1 – 2 Step L to left side with body roll from right to left side (1 2)
- 3 – 4 Hip sway to right side with weight on R (3 4)
- 5 – & Hip sway to left side (5), Hip sway to right side (&)
- 6 – & Hip sway to left side (6), Hip sway to right side (&)
- 7 – 8 Hip sway to L (7), hold (8)

Section E4 : Forward diagonal right, touch, forward diagonal left, step together facing 12.00, chest pump x 4

- 1 – 2 Step forward on R facing diagonal right (1), touch L beside R (2)
- 3 – 4 Step forward on L facing diagonal left (3), step R beside L facing 12.00 (4)
- 5 – 8 chest pump x 4 (5 6 7 8)

Tag (32 counts)

Section T1 : Walk forward RL with hold, step together with hip sway RLRL

- 1 – 2 Step forward on R (1), hold (2)
- 3 – 4 Step forward on L (3), hold (4)
- 5 – 6 Hip sway to right (5), hip sway to left (6)
- 7 – 8 Hip sway to right (7), hip sway to left (8)

Section T2 : Chest pump, Jazz box, pivot ½ turn left

- 1 – 2 Chest bump twice (1 2)
- 3 – 4 Cross R over L (3), step back on L (4)
- 5 – 6 Step R to right side (5), cross L over R (6)
- 7 – 8 Step forward on R (7), Step forward on L pivot ½ turn left (8)

Section T3 : Walk forward RL with hold, touch forward with front body roll

- 1 - 2 Step forward on R (1), hold (2)
- 3 - 4 Step forward on L (3), hold (4)
- 5 - 8 Touch forward on R with body roll twice (5 6 7 8)

Section T4 : Step together with chest pump, Jazz box, pivot ½ turn left

- 1 – 2 Step R beside L with chest bump twice (1 2)
- 3 – 4 Cross R over L (3), step back on L (4)
- 5 – 6 Step R to right side (5), cross L over R (6)
- 7 – 8 Step forward on R (7), Step forward on L pivot ½ turn left (8)

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