

Sex Bomb (情色炸彈) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Chen (TW) - 2018年03月
音樂: Sex Bomb by Lou Bega



Intro: 16 counts

Sec1: WALK - WALK, FWD SHUFFLE, FWD ROCK - RECOVER , FWD SHUFFLE 3/4 L

1-2, 3&4 Walk on RF - Walk on LF, Fwd shuffle (R L R)
5-6, 7&8 Rock LF fwd - Recover on RF, Fwd shuffle (L R L) 3/4 turn L (3:00)
1-2, 3&4 右足前走步 - 左足前走步, 前交換步 (右 左 右)
5-6, 7&8 左足前下沉 - 重心回右足, 前交換步 (左 右 左) 向左轉 3/4 (3:00)

Sec2: FWD ROCK - RECOVER, CHA CHA. (x2)

1-2, 3&4 Rock RF fwd - Recover on LF, Step RF beside LF - Step LF in place - Step RF in place
5-6, 7&8 Rock LF fwd - Recover on RF, Step LF beside RF - Step RF in place - Step LF in place
1-2, 3&4 右足前下沉 - 重心回左足, 右足併踏左足旁 - 左足原地踏 - 右足原地踏
5-6, 7&8 左足前下沉 - 重心回右足, 左足併踏右足旁 - 右足原地踏 - 左足原地踏

Sec3: CROSS - SIDE, SAILORS , CROSS - SIDE, SAILORS 1/4 L

1-2, 3&4 Cross RF over LF - Step LF to L, Cross RF behind LF - Step LF to L - Step RF in place
5-6, 7&8 Cross LF over RF - Step RF to R, Cross LF behind RF - 1/4 turn L (12:00) Step RF to R - Step LF fwd
1-2, 3&4 右足前跨 - 左足左踏, 右足後跨 - 左足左踏 - 右足原地踏
5-6, 7&8 左足前跨 - 右足右踏, 左足後跨 - 左轉1/4 (12:00) 右足右踏 - 左足前踏

Sec4: HIPS BUMP

1-2, 3&4 Step RF a bit diagonal fwd while bomp hips (R L), Bomp hips (R L R)
5-6, 7&8 1/4 turn L (9:00) step LF a bit diagonal fwd while bomp hips (L R), Bomp hips (L R L)
1-2, 3&4 右足稍微斜前踏同時推臀 (右 左), 推臀 (右 左 右)
5-6, 7&8 左轉 1/4 (9:00) 左足稍微斜前踏同時推臀 (左 右), 推臀 (左 右 左)

Restart: During wall 4, After 16 counts (6:00)

重跳: 第4牆跳完 16 拍後 (6:00)

Have Fun & Happy Dancing !!!

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