

Bomb\$hell

拍數: 144 牆數: 2 級數: Phrased Intermediate
編舞者: Kerry Maus (USA) - March 2018
音樂: Bombshell - MEN\$A : (iTunes)



Sequence: ABC TAG-1 AB(C32)(C32) TAG-2 CC
Intro: 32 counts

Section A: 64 counts

[1-8] STEP, LOCK, STEP, STEP, LOCK, STEP, SIDE W/ARM

1,2,3,4 1) Step R to right diagonal, 2) lock L behind R, 3) step R to right diagonal, 4) step L to left diagonal

5,6,7,8 5) Lock R behind L, 6) step L to left diagonal, 7) step R to right, 8) hold

(arms: push hand straight out in front with palm facing out on count 7 with the lyric "Stop" drop hand on ct 1)

[9-16] HEEL SWIVEL RIGHT, CENTER, RIGHT ¼, COASTER, HOLD

1,2,3,4 1) Twist both heels to right, 2) hold, 3) twist both heels back to center, 4) hold

5,a6 5) Twist both heels to right, turn ¼ left, a) step L back, 6) step R beside L,

7,8 7) Step L forward, 8) hold [9:00/3:00]

[17-24] STEP, KICK, STEP TOUCH, WALK, WALK, HITCH, STEP

1,2,3,4 1) Step R forward, 2) kick L forward 3) step L in place, 4) touch R back

5,6,7,8 5) Step R forward, 6) step L forward, 7) hitch R knee, 8) step R beside L slightly out

[25-32] HEEL SWIVEL RIGHT, CENTER, RIGHT ¼, COASTER, HOLD

1,2,3,4 1) Twist both heels to right, 2) hold, 3) twist both heels back to center, 4) hold

5,a6 5) Twist both heels to right, turn ¼ left, a) step L back, 6) step R beside L,

7,8 7) Step L forward, 8) hold [6:00/12:00]

Repeat the above 32 counts to finish facing [12:00].

Section B: 16 counts

[1-8] SIDE, DRAG, ROCK BACK, CROSS (x2)

1,2,3,4 1) Step R to right, 2) drag L beside R, 3) rock L behind R, 4) cross R over L

5,6,7,8 5) Step L to left, 6) drag R beside L, 7) rock R behind L, 8) cross L over R

[9-16] TOE STRUT (x2), JAZZY WALKS WITH JAZZ HANDS

1,2,3,4 1) Touch R toe forward, 2) drop R heel, 3) touch L toe forward, 4) drop L left heel

5,6 5) Step R toe forward w/ heel in slightly, 6) step L toe forward w/ heel in slightly, swivel R heel out,

7,8 7) Step R toe forward w/ heel in slightly swivel L heel out, 8) step L toe forward w/ heel in slightly, swivel R heel out

(arms: both hands out to sides with splayed fingers, shake hands and slowly raise up on counts 5-8)

Section C: 64 counts

[1-8] FORWARD, TOUCH, BACK, TOUCH (x2)

1,2 1) Step R forward, bending over slightly at waist and shake shoulders 2) touch L behind R (click)

3,4 3) Step L back, standing upright and shake shoulders 4) touch R beside L (click)

5,6 5) Step R forward, bending over slightly at waist and shake shoulders 6) touch L behind R (click)

7,8 7) step L back, standing upright and shake shoulders 8) touch R beside L (click)

[9-16] STEP, LOCK, STEP, SCUFF, ½ TURNING JAZZ BOX

1,2,3,4 1) Step R forward, 2) lock L behind R, 3) step R forward, 4) scuff L

5,6,7,8 5) Cross L over R, 6) turn ¼ left stepping R back, 7) turn ¼ left stepping L forward, 8) step R forward [6:00]

[17-24] FORWARD, TOUCH, BACK, TOUCH (x2)

1,2 1) Step L forward, bending over slightly at waist and shake shoulders 2) touch R behind L (click)
3,4 3) Step R back, standing upright and shake shoulders 4) touch L beside R (click)
5,6 5) Step L forward, bending over slightly at waist and shake shoulders 6) touch R behind L (click)
7,8 7) Step R back, standing upright and shake shoulders 8) touch L beside R (click)

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[25-32] STEP, LOCK, STEP, SCUFF, ¼ TURNING JAZZ BOX

1,2,3,4 1) Step L forward, 2) lock R behind L, 3) step L forward, 4) scuff R
5,6,7,8 5) Cross R over L, 6) stepping L back, 7) turn ¼ right stepping R to right, 8) step L forward [9:00]

[33-40] STEP, HOLD, ½ PIVOT, HOLD, STEP, ¼ PIVOT, HITCH, HOLD

1,2 1) Step R forward, hands out in front of you on lyric "flash" 2) hold, point toward yourself, on lyric "My"
3,4 3) Pivot ½ turn left, taking weight forward on L, 4) hold [3:00]
5,6,7,8 5) Step R forward, 6) pivot ¼ left taking weight to left, 7) hitch R knee, 8) hold [12:00]
(arms: on counts 5-7, imagine your arms are hands on a clock: 5) point your R arm to 3:00, 6) point your L arm to 1:30, 7) point your R arm to 12:00, 8) hold.)

[41-48] KICK, BEHIND, SIDE, CROSS (x2)

1,2,3,4 1) Kick R to right diagonal, 2) step R behind L, 3) step L to left, 4) cross R over L
5,6,7,8 5) Kick L to left diagonal, 6) step L behind R, 7) step R to right, 8) cross L over R

[49-56] PUSH HIPS FORWARD, BACK, ¼ SIDE, ¼ SAILOR STEP, STEP

1,2,3,4 1-2) Step R forward and push hips forward, 3-4) push hips back over L foot
5,6& 5) Turn ¼ left pushing hips over R foot [9:00], 6) turn ¼ left crossing L behind R, &) step R to right,
7,8 7) Step L forward, 8) step R forward

[57-64] PUSH HIPS FORWARD, BACK, ¼ SIDE, ¼ SAILOR STEP, STEP

1,2,3,4 1-2) Step L forward and push hips forward, 3-4) push hips back over R foot
5,6& 5) Turn ¼ right pushing hips over L foot [9:00], 6) turn ¼ left crossing R behind L, &) step L to left,
7,8 7) Step R forward, 8) step L forward

TAG:1 - OUT, OUT, IN, CROSS, BACK, SIDE

1,2,3,4 1) Step R to right, 2) hold, 3) step L to left, 4) hold, 5) step R to center
5,a6,7,8 a) Cross L over R, 6) step R back, 7) step L to left, 8) hold

TAG:2 - ½ PIVOT, ½ PIVOT, ½ TURN WALK AROUND

1,2 1) Step R forward, 2) turn ½ left taking weight to L, [12:00]
3,4 3) Step R forward, 4) turn ½ left taking weight to L [6:00]
5,6 5) Step R forward, turning 1/8 left, 6) Step L forward, turning 1/8 left
7,8 7) Step R forward, turning 1/8 left, 8) Step L forward, turning 1/8 left [12:00]
(arms: slowly raise both arms up for 4 counts, and then slowly lower them back down for 4 counts)

Sequence: ABC TAG-1 AB(C32)(C32) TAG-2 CC

Have fun and DANCE HAPPY!

Contact: Kerrymausdance@gmail.com
