

Time Bomb

拍數: 32 牆數: 4 級數: Beginner
編舞者: Des Ho (SG) - May 2018
音樂: Timebomb - Kylie Minogue : (iTunes, Amazon & other major publications)



Intro: 16 count from beginning of music No Tags, No Restarts

SECT 1: FORWARD ROCK, COASTER STEP, LOCK STEP, SHUFFLE [12:00]

1,2 Rock Rf forward, Recover on L
3&4 Step back on Rf, Step Lf next to R. Step Rf forward
5,6 Step Lf forward, Lock Rf behind Lf
7&8 Step Lf forward, Step Rt next to L, Step Lt forward

Option Count 5 - 8:

With both arms straight on each side, raise from bottom to over your head in 4 counts (circular movement)

SECT 2: 1/4 L SIDE TOUCH, SIDE TOUCH, BEHIND SIDE CROSS, SIDE MAMBO [9:00]

1 Make 1/4 L step on Rf & circling hips clockwise from back to front [9:00]
2 Touch L to L diagonal (weigh on R)
3 Circle hips anti-clockwise front front to back & step on L
4 Touch R to R diagonal (weigh on L)
5&6 Cross Rf behind L, Step Lf to L side, Cross Rf over L
7&8 Rock Lf to L side, Recover on R, Step Lf next to R

SECT 3: ROCKING HIP BUMPS, FORWARD ROCK, 1/2 TURN R FORWARD SHUFFLE [3:00]

1,2 Step Rt forward pushing hips front, Push hips back
3,4 Push hips front, Push hips back (weight on L)
5,6 Rock Rf forward, Recover on L,
7&8 Make 1/4 turn R stepping Rf to R side, Step Lf next to R, Make 1/4 R stepping Rf forward
[3:00]

SECT 4: STEP, HITCH, BACK BACK, BACK DRAG, TOGETHER, WALK WALK [3:00]

1,2 Step Lt forward, Lift Rt knee
[Option on count 2: Pump Left arm forward horizontally with fingers pointing up]
3,4 Step back on R & L (with attitude)
5,6 Long drag back on Rf, Step Lf together
7,8 Prissy walk R, L forward

Alternative Option 5 - 6: Turn your head & look back when rocking back on Rf(5), Recover on L(6)

Note: You could also perform the 2 options alternatively between rotations (key is to enjoy & have fun!)

Start Again

Contact choreographer: beaverct@gmail.com

Last Update - 21 May 2018