

Stop The Bomb

拍數: 128 牆數: 1 級數: Phrased Improver
編舞者: Vincent Lim (SG) - June 2017
音樂: Like A Bomb by Filly Bee



Sequence: AABCD. Tag. AABCD. End with a stomp on the left foot
Intro: 16 Counts, start on vocal

Part A: 32 Counts

Sect A1: WALK FORWARD, TOUCH, HIP BUMP, WALK BACKWARD, TOUCH, HIP BUMP

1,2,3,4 Walk forward, R, L, R, touch L to the side with a hip bump
5,6,7,8 Walk backward, L, R, L, touch R to the side with a hip bump

Sect A2: SYNCOPATED RIGHT VINE, CROSS MAMBO 2X

1,2& Step R to the right, cross L behind R, step R to the right
3,4 Cross L over R, step R to the right
5&6 Cross L over R, recover weight onto R, step L to the left
7&8 Cross R over L, recover weight onto L, step R to the right

Sect A3: SYNCOPATED LEFT VINE, CROSS MAMBO 2X

1,2& Step L to the left, cross R behind L, step L to the left
3,4 Cross R over L, step L to the left
5&6 Cross R over L, recover weight onto L, step R to the right
7&8 Cross L over R, recover weight onto R, step L to the left

Sect A4: HEEL JACK, SYNCOPATED WEAVE, PIVOT 1/2 TURN LEFT

1&2& Cross R over L, step L behind R (&) touch R heel diagonally right, step R in place
3,4 Cross L over R, step R to right
5&6 Step L behind R, step R to right, step L across R
7,8 Step R forward, pivot 1/2 turn left to face 6:00

(Repeat Part A..... all 32 Counts and then face 12:00)

Part B: 32 Counts

Sect B1: RIGHT SHIMMY CLAP, RIGHT SHIMMY CLAP

1&2,3,4 Step long step R to right same time shimmying shoulders, step L next to R, clap
5&6,7,8 Step long step R to right same time shimmying shoulders, step L next to R, clap

Sect B2: LEFT SHIMMY CLAP, LEFT SHIMMY CLAP

1&2,3,4 Step long step L to left same time shimmying shoulders, step R next to L, clap
5&6,7,8 (16) Step long step L to left same time shimmying shoulders, step R next to L, clap

Sect B3,B4 (Repeat Part B..... all 16 Counts)

Part C: 32 Counts

Sect C1: BACK & KICK 4X, COASTER STEP, FORWARD ¼ TURN LEFT, STEP R TOGETHER

1,2 L step back and kick R forward, R step back and kick L forward
3,4 L step back and kick R forward, R step back and kick L forward
5&6 L step back, R close, L step forward
7&8 R step forward, L ¼ turn left (9:00), step R together

Sect C2: BACK & KICK 4X, COASTER STEP, FORWARD ¼ TURN LEFT, STEP R TOGETHER

1,2 L step back and kick R forward, R step back and kick L forward

3,4 L step back and kick R forward, R step back and kick L forward
5&6 L step back, R close, L step forward
7&8 R step forward, L ¼ turn left (6:00), step R together

Sect C3: BACK & KICK 4X, COASTER STEP, FORWARD ¼ TURN LEFT, STEP R TOGETHER

1,2 L step back and kick R forward, R step back and kick L forward
3,4 L step back and kick R forward, R step back and kick L forward
5&6 L step back, R close, L step forward
7&8 R step forward, L ¼ turn left (3:00), step R together

Sect C4: BACK & KICK 4X, COASTER STEP, FORWARD ¼ TURN LEFT, STEP R TOGETHER

1,2 L step back and kick R forward, R step back and kick L forward
3,4 L step back and kick R forward, R step back and kick L forward
5&6 L step back, R close, L step forward
7&8 R step forward, L ¼ turn left (12:00), step R together

Part D: 32 Counts

Sect D1: WALK, WALK, WALK, FORWARD HITCH, POINT HITCH, POINT HITCH (3:00)

1,2,3,4 ¼ Turn left (9:00) and walk on L, R, L, hitch forward with R
5,6,7,8 Point R to right, hitch, point again, ½ turn right (3:00) hitch with R

Sect D2: WALK, WALK, WALK, FORWARD HITCH, POINT HITCH, POINT HITCH (12:00)

1,2,3,4 Walk R, L, R, hitch forward with L
5,6,7,8 Point L to left, hitch, point again, ¼ turn left (12:00) hitch with L

Sect D3: SIDE TOGETHER, SIDE SHUFFLE, JAZZ BOX WITH A CROSS

1,2,3&4 Side step L, step R beside, side shuffle LRL
5,6,7,8 Cross R over L, step L back, side step R, cross L over R

Sect D4: SIDE TOGETHER, SIDE SHUFFLE, JAZZ BOX

1,2,3&4 Side step R, step L beside, side shuffle RLR
5,6,7,8 Cross L over R, step R back, side step L, step R together

Tag 4 Counts

1,2,3,4 Tap both heels 4X

Happy dancing!

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