

Ba Bom

拍數: 32 牆數: 4 級數: Improver
編舞者: Mathias Pflug (DE) - January 2019
音樂: Paradise (feat. Benjamin Ingrosso) - Ofenbach



Intro: After 16 counts (on "This is...")

S1: Side, Behind & Heel & Cross, Side Toe Strut, Cross Toe Strut

1-2 Step r to r, Step l behind r
&3&4 Step r to r side, Touch l heel diagonal forward, Step l beside r, Cross r over l
5-6 Step l toe to l, Drop l heel
7-8 Cross r toe over l, Drop r heel

S2: Chassé with ¼ turn r, Back Rock, Recover, Skate x4

1&2 Step l to l side, Step r beside l, ¼ turn r stepping l back (3.00)
3-4 Step r back, Recover on l
5-8 Skate r-l-r-l

S3: Toe Strut out with hip bumps r+l, Rolling vine r

1-2 Step r toe diagonal fwd & bump right hip fwd, Drop r heel & bump right hip fwd
3-4 Step l toe diagonal fwd & bump left hip fwd, Drop l heel & bump left hip fwd
5-8 ¼ turn r stepping r fwd, ½ turn r stepping l back, ¼ turn r stepping r to r, Touch l beside r

S4: Rolling vine l into chassé, Jazzbox with cross

1-2 ¼ turn l stepping l fwd, ½ turn l stepping r back
3&4 ¼ turn l stepping l to l, Step r beside l, Step l to l
5-8 Cross r over l, Step l back, Step r to r, Cross l over r

Repeat

Tag – After wall 3, 9 o'clock and after wall 6, 6 o'clock)

(Side, Slap & Side-Slap-Slap & Side Rock, Recover, Behind side cross) r

1-2& Step r to r, slap hands on your legs, Step l beside r
3&4& Step r to r, slap hands on your legs twice, Step l beside r
5-6 Step r to r, Recover on l
7&8 Step r behind l, Step l to l, Cross r over l

(Side, Slap & Side-Slap-Slap & Side Rock, Recover, Behind side cross) l

1-2& Step l to l, slap hands on your legs, Step r beside l
3&4& Step l to l, slap hands on your legs twice, Step r beside l
5-6 Step l to l, Recover on r
7&8 Step l behind r, Step r to r, Cross l over r

Contact: www.mathiaspflug.jimdo.com – post.mathiaspflug@gmx.de

Last Update - 8 Jan. 2019