

Bump Like This

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Dunja Hein (USA) - June 2023
音樂: Like This (feat. Eve) - Kelly Rowland



Intro: Start after about 4 counts when Kelly sings "Told y'all..."

Tag: At end of Wall 5 (facing 6:00)

[1-8] 2x Run, Out-Out, 3xBumps, ¼ turn, ½ turn, Sailor step

1&2& Step forward R (1), step forward L (&), step RF out to R side (2), step LF out to L side (&)
3&4 Bump left hip up X 3 (3&4)
(Alternatively, bump left hip up (3), return hip to neutral (&), bump left hip down (4))
5, 6 ¼ turn R stepping forward on R (5), ½ turn R stepping back on L (6) (9:00)
7&8 R step ball of foot behind L (7), L step ball of foot side L (&), R step forward (8)

[9-16] Rocking Chair, Step Lock Step, ½ turn X3, Step, Heel raises or jumps x2, Kick

1&2& Rock LF forward (1), recover on R(&), rock LF back (2), recover on R (&)
3&4 Step forward on L (3), lock RF behind L (&), step forward on L (4)
5&6& ½ turn L stepping RF back (5), ½ turn L stepping LF forward (&), ½ turn L stepping RF back (6), step LF next to RF (&) (3:00)
7&8 Raise both heels x2, (7&), kick RF diagonally across the left (8)
(Alternately, jump on both feet x2 (7&), jump with a kick of RF diagonally across the left (8))

[17-24] ¼ Diamond, Cross side Rock, Cross Shuffle

1&2 1/8 L stepping forward on R(1) (1:30) Cross L over R (&), 1/8 L stepping R back and to R (2) (12:00)
3&4 Step LF to L and slightly back (3), Cross R behind L(&), Step LF to L (4)
5&6 Cross RF over L (5), Rock LF to L (&), Recover on RF (6)
7&8 Cross L over R(7), Step R to R side(&), Cross L over R(8)

[25-32] Side Rock, Behind Side, Toe-Heel-Toe, Cross side Rock, Cross, ¼, ¼

1&2& Rock RF to R (1), Recover on LF (&), Cross RF behind L (2), Step LF to L (&) (toes naturally should be pointed slightly to right diagonal (1:30))
3&4 swivel both toes to L (3), Swivel both heels to L (&), swivel both toes to L (4)
5&6 Cross RF over L (5), Rock LF to L (&), Recover on RF (6)
7&8 Cross LF over R(7), ¼ turn L stepping back on R(&), ¼ turn L stepping LF to L (8) (6:00)

Tag: End of wall 5, Facing 6:00

[1-8] Forward, ¼ pivot turn

1-4 Step R forward starting to raising both arms up(1), continue to raise both arms up over head (2-4)
5-8 ¼ turn left stepping LF to L starting to bring both arms back down (5), continue to bring both arms down (6-8) (3:00)

[9-16] Forward, ¼ pivot turn

1-4 Step R forward starting to raising both arms up(1), continue to raise both arms up over head (2-4)
5-8 ¼ turn left stepping LF to L starting to bring both arms back down (5), continue to bring both arms down (6-8) (12:00)

[17-24] Bump and step X2, rock-recover, coaster step

1,2 Step on R toe bumping R hip (1), step R forward (2)
3,4 Step on L toe bumping L hip (3), step L forward (4)

5, 6 Rock forward R (5), Recover on L (6)
7&8 Step back on R (7), step L next to R (&), step R forward (8)

[25-32] Walks X4 ½ turn, rock-recover, coaster step

1-4 Walk 4 steps in a half circle over R shoulder L-R-L-R (1,2,3,4) (6:00)

5, 6 Rock forward L (5), Recover on R (6)

7&8 Step back on L (7), step R next to L (&), step L forward (8)
