

Bom Diggy

拍數: 64 牆數: 2 級數: Phrased Easy Intermediate
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December 2023
音樂: Bom Diggy - Zack Knight & Jasmin Walia



PartA:32. PartB:32. Tag:4c
A A(16) A B A A(16) A B A Tag(4) A B

Intro 32Counts

Part A: 32c

Sec 1 : WALK WALK, LOCK STEP, MAMBO SWEEP, BACK SWEEP, BACK SWEEP

1-2 Walk forward RF (1), walk forward LF (2)
3&4 Step RF forward (3), lock LF behind RF (&), Step Rf forward (4)
5&6 Rock LF forward (5), recover onto RF (&), step LF beside RF while sweeping RF back (6)
7-8 Step RF back sweeping LF back (7), Step LF back sweeping RF back (8)

Sec 2 : COASTER, PIVOT 1/4 STEP, FORWARD 1/4 BOUNCE × 3

1&2 Step RF back (1), step LF beside RF (&), step RF forward (2)
3&4 Step LF forward (3), 1/4 turn right putting weight on RF (&) step LF forward (4) (3:00)
5 Step RF forward (5)
6-8 Bounce heel 3 times making 1/4 LF (12:00)

Sec 3 : SAMBA R , SAMBA L, PIVOT 1/2 , TRIPPLE RUN

1&2 Cross RF over LF (1), Rock LF to left (&), recover weight onto RF (2)
3&4 Cross LF over RF (3), rock RF to right (&), recover weight onto LF (4)
5-6 Step RF forward (5), turn 1/2 left (6) weight on LF (6:00)
7&8 Step RF forward (7), step LF forward (&), step RF forward (8)

Sec 4 : MAMBO FORWARD, MAMBO BACK, VOLTA FULL TURN

1&2 Rock LF forward (1), recover onto RF (&), step LF beside RF (2)
3&4 Rock RF back (3), recover onto LF (&) step LF beside RF (4)
5& Step LF 1/4 turn L (5), Step RF next to LF (&)
6& Step LF 1/4 turn L (6) Step RF next to LF (&)
7&8 Step LF 1/4 turn L (6) Step RF next to LF (&), Step LF 1/4 turn L (8) 6 O'clock

Part B: 32c

Sec 1 : ROCKING CHAIR STEP FLICK CROSS HEEL SWIST HITCH BALL HEEL BALL TOUCH

1& Cross rock RF over LF (1), Recover onto LF (&)
2& Side rock RF to right side (2), Recover onto LF (&)
3&4 Step RF forward (3), Flick LF (&), Cross LF over RF (4)
5&6& Both heels out & in (5&), Hitch RF (6), Down RF (&)
7&8 Touch heel LF forward (7), Step LF next to RF (&), Touch RF next to LF (8)

Sec 2 : OUT OUT HANDS HIP BUMPS

&1 Step RF out to right diagonal (&), Step LF out to left diagonal (1)
2 Bring your right hand to your chest
3&4 Push your right hand to the left (3), Pull your right hand in front of your chest (&), Push your right hand to the left (4)
5&6&7&8 Hip Bumping with Pull your right hand to the right - Weight on R (8)

Sec 3 : 1/4 SIDE ROCK RECOVER 1/4 STEP SIDE ROCK RECOVER TOGETHER STEP HEEL TOE HEEL

SLIDE TOUCH

- 1&2 Turn 1/4 R Side Rock LF to the left (1), Recover onto RF (&), Turn 1/4 L Step LF next to RF (2)
- 3&4 Side Rock RF to the right (3), Recover onto LF (&), Step RF next to LF (4)
- 5&6 Both heels out (5), Both toes out (&), Both heels out (6)
- 7-8 Step LF to left (5), Touch RF next to LF (8)

Sec 4 : BALL HEEL BALL TOUCH POINT HITCHES

- &1 Step ball RF (&), Touch heel LF forward (1)
- &2 Step LF next to RF (&), Touch RF next to LF (2)
- &3 Step ball RF (&), Touch heel forward (3)
- &4 Step LF next to RF (&), Touch RF next to LF (4)
- 5-8 Point RF to right side and Hitch RF × 4

(When you do this, Extend your right hand from bottom to top)

Tag (4count) STEP HOLD TOGETHER × 2

- 1-2& Step RF forward (1), Hold (2), Step LF next to RF (&)
- 3-4& Step RF forward (3), Hold (4), Step LF next to RF (&)

Enjoy Dancing!

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