

拍數: 48 牆數: 4 級數: Intermediate

編舞者: Michel Cabana (CAN) 音樂: Tornero - Paul London



# BUMP & BUMP, ROCK FORWARD & BACK, BUMP & BUMP, ROCK BACK & FORWARD

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put your full weight on the right foot

3-4 Rock step forward on the left, recover weight on the right

Touch left back as you bump hips back, bump hips forward, bump hips back as you put your

full weight on the left foot

7-8 Rock step back on the right, recover weight on the left

## FORWARD, LOCK, FORWARD, MILITARY TURN, FORWARD, LOCK, FORWARD, 1/4 TURN LEFT

1&2 Step forward on the right, lock left behind right, step forward on the right

3-4 Step forward on the left, pivot ½ turn right, weight ending on the right foot (you should be

facing 6:00 wall)

5&6 Step forward on the left, lock right behind left, step forward on the right

7-8 Step forward on the right, pivot ¼ turn left, weight ending on the left foot (you should be

facing 3:00 wall)

# MODIFIED JAZZ BOX, FORWARD, LOCK, FORWARD, MILITARY TURN, STEP FORWARD

1-3 Cross right over left, step back on the left, step right to the side

Step forward on the left, lock right behind left, step forward on the left

6-8 Step forward on the right, pivot ½ turn left, weight ending on the left foot, step forward on the

right (you should be facing 9:00 wall)

#### MODIFIED JAZZ BOX, FORWARD, LOCK, FORWARD, ¼ TURN RIGHT, CROSS

1-3 Cross left over right, step back on the right, step left to the side

4&5 Step forward on the right, lock left behind right, step forward on the right

6-8 Step forward on the left, pivot ¼ turn right, weight ending on the right foot, cross left over right

(you should be facing 12:00 wall)

# ROCK SIDE, RECOVER, BEHIND & OVER, ROCK SIDE, RECOVER WITH 1/4 TURN RIGHT, FORWARD, LOCK, FORWARD

1-2 Rock step right to the side, recover weight on the left

3&4 Cross right behind left, step left beside right, cross right over left

5-6 Step left to the side, recover weight on the right as you make a ¼ turn right (you should be

facing 3:00 wall)

7&8 Step forward on the left, lock right behind left, step forward on the left

## CROSS, BACK, ¼ TURN RIGHT, STEP FORWARD, CROSS, BACK, ¼ TURN RIGHT, STEP FORWARD

1-2 Cross right over left, step back on the left

3-4 As you make a ¼ turn right, step forward on the right, step forward on the left (you should be

facing 6:00 wall)

5-6 Cross right over left, step back on the left

7-8 As you make a ¼ turn right, step forward on the right, step forward on the left (you should be

facing 9:00 wall)

### REPEAT