

Bump Bump Bump

拍數: 0 牆數: 4 級數: Intermediate hip hop
編舞者: Heidi Angelika Scott (NOR)
音樂: Bump, Bump, Bump (feat. P. Diddy) - B2K



Sequence: A, B, A, B, A, B, B, B, B, B

PART A

RIGHT WEAVE, ROCK RECOVER, ¼ TURN SAILOR STEP

1-2 Step right to the right, cross left behind right
&3 Step right to the right, cross left in front of right
&4 Step right to the right, step left behind the right
5-6 Rock right to the right, recover on left
7&8 Right sailor step with ¼ turn right

LEFT WEAVE, ROCK RECOVER, ¼ TURN SAILOR STEP

1-2 Step left to the left, cross right behind left
&3 Step left to the left, cross right in front of left
&4 Step left to the left, cross right behind left
5-6 Rock left to the left, recover on right
7&8 Left sailor step with ¼ turn left

RIGHT KICK BALL CHANGE, COASTER STEPS FORWARD AND BACK, ¼ TURN SWEEP

1&2 Right kick ball change
3&4 Right coaster step forward
5&6 Left coaster step behind
7-8 Sweep right leg ¼ turn to the left, touch right leg next to left

QUICK ROCK- RECOVERS RIGHT & LEFT, STEP, ½ PIVOT LEFT, RIGHT CHASSE

1&2 Rock right quickly to the right, recover on the left, step right leg next to left
3&4 Rock left quickly to the left, recover on the right, step left leg next to right
5-6 Step forward on right, pivot ½ turn left
7&8 Chasse to the right, right, left, right

LEFT VINE, 2X SLOW ¼ PADDLE TURNS LEFT

1-4 Left grapevine (touch right to close)
5-6 Rock right to the right, recover on left in ¼ turn to left
7-8 Rock right to the right, recover on left in ¼ turn to left

RIGHT VINE, 2X SLOW ¼ PADDLE TURNS RIGHT

1-4 Right grapevine (touch left to close)
5-6 Rock left to the left, recover on right in ¼ turn right
7-8 Rock left to the left, recover on right in ¼ turn right

ROCK-RECOVER, ½ SHUFFLE TURN LEFT, ROCK-RECOVER, ½ SHUFFLE TURN RIGHT

1-2 Rock forward on left, recover on right
3&4 ½ left shuffle turn
5-6 Rock forward on right, recover on left
7&8 ½ right shuffle turn

LEFT TAP-STEP, RIGHT TAP-STEP, SWIVEL HEELS, TOES, HEELS, TOES, HEELS, HOLD & CLAP

1-2 Tap left toe to the left, step left down on the diagonal

- 3-4 Tap right toe to the right, step right down on the diagonal
5&6& Swivel heels, toes, heels, toes in to center
7-8 Swivel heels in to center, hold and clap

PART B

STEP FORWARD, TOUCH, STEP BACK, TOUCH, STEP BACK, TOUCH, STEP FORWARD, BUMP HIPS FORWARD, BACK, FORWARD

- 1-2 Step right forward, touch left to close
3-4 Step left back, touch right to close
5-6 Step right back, touch left to close
7 Step left forward
8&1 Bump hips forward, back, forward

HOLD & CLAP, RIGHT & LEFT SAILOR STEPS, RIGHT SHUFFLE FORWARD

- 2 Hold and clap
3&4 Right sailor step
5&6 Left sailor step
7&8 Right shuffle forward, right, left, right

STEP, PIVOT ½ RIGHT, LEFT SHUFFLE, STEP RIGHT BACK, TOUCH LEFT, STEP FORWARD, BUMP HIPS FORWARD, BACK, FORWARD

- 1-2 Step forward on left, pivot ½ turn to the right
3-4 Left shuffle forward, left, right, left
5-6 Walk back on right, touch left to close
7 Step left forward
8&1 Bump hips forward, back, forward

HOLD & CLAP, RIGHT CHASSE, LEFT SHUFFLE TURN TO THE LEFT, RIGHT ROCK-RECOVER, TOUCH

- 2 Hold and clap
3&4 Right chasse, right, left, right
5&6 ½ shuffle turn left, left, right, left
7&8 Rock right quickly to the right, recover on left, touch right to close
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