

Bump-N-Roll

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rey Kleinsasser (USA)
音樂: Jennifer Eccles - The Hollies



SIDE, TOGETHER, FORWARD, FORWARD, SHUFFLE FORWARD, FORWARD

1-2 Left touch side left, left step together
Hand option starting wall 2: 1 extend hands out, 2 clap
3-4 Step right forward, step left forward
5&6 Step right forward, left step together, step right forward,
7 Step left forward

HIPS & FORWARD, ROCK (BUMP & ROLL)

8& Right step slightly side right and bump hips right, rock onto left
1-2 Step right forward, rock back to left, leaving right toes on floor
Styling: these two counts can be a forward body roll, especially walls 2, 10

PUMP, ¼ TURN, WEAWE, SIDE SHUFFLE

&3-4 Right heel lift, right heel drop (weight remains left), turn ¼ left on ball of left, kicking right back
5-7 Right step across in front, left step side left, right step across in back,
8&1 Left step side left, right step together, left step side left

"JAZZ", CROSS SHUFFLE, FORWARD

2-4 Right step across in front, step left back, right step side right
5&6 Left step across in front, right step side right, left step across in front,
7 Step right forward.

HIPS & FORWARD, ROCK (BUMP & ROLL)

8& Left step slightly side left and bump hips left, rock onto right
1-2 Step left forward, rock back to right, leaving left toes on floor
Styling: these two counts can be a forward body roll, especially walls 2, 8, 9

4 PUMPS, ½ MONTEREY(COMPLETED NEXT REPETITION)

&3&4&5 Left heel lift, left heel drop, (weight remains right), repeat &3 twice
&6 Left heel lift, left heel drop (taking weight)
7-8 Right touch side right, turn ½ right on ball of left and step together

REPEAT

TAG

Please note that in the primary music there are two tags, totaling 16 counts, and the musical phrasing after the tags will begin on count 17 instead of count 1. This may be challenging until you learn the dance.