

Bumpin'

拍數: 40 牆數: 4 級數:
編舞者: Teree Desarro (USA)
音樂: Don't Make Me Come To Tulsa - Wade Hayes



¼ TURN & HIP BUMPS/HEEL SLAPS/TO THE LEFT HIP ROLL

- 1 Step forward on right while rotating body ¼ turn to left and bump right hip right
- 2 Bump right hip right again
- 3 Shift weight to left while slapping heel of right behind left knee with hand of left
- 4 Step right home
- 5 Shift weight to left while slapping heel of right behind left knee with hand of left
- 6 Step right home
- 7 Roll hips to the left while bending knees
- 8 Straighten knees and center weight

SIDE SHUFFLES/ROCK STEPS

- 1 Step to left on left
- & Step right next to left
- 2 Step to left on left
- 3 Rock step back on right behind left
- 4 Rock forward on left
- 5 Step to right on right
- & Step left next to right
- 6 Step to right on right
- 7 Rock step back on left behind right
- 8 Rock forward on right

KICKS W-¼ TURNS & HIP BUMPS

- 1 Kick left foot to left side while rotating body ¼ turn to right on right
- 2 Step down on left
- 3 Bump hips left
- 4 Bump hips left again
- 5 Kick right foot to right side while rotating body ¼ turn to left on left
- 6 Step down on right
- 7 Bump hips right
- 8 Bump hips right again

½ TURNS/RIGHT SHUFFLE/ROCK STEPS

- 1 Step forward on right
- 2 Pivot ½ turn to left
- 3 Step forward on right
- 4 Pivot ½ turn to left
- 5 Step forward on right
- & Step left to next to heel of right
- 6 Step forward on right
- 7 Rock forward on left while lifting right foot off ground
- 8 Rock back on right while lifting left foot off ground

QUICK ROCK STEPS/KNEE PUMPS

- 1 Rock forward on left while lifting right foot off ground
- & Rock back on right while lifting left foot off ground

- 2 Rock forward on left while lifting right foot off ground
- 3 Step back on right
- 4 Step left next to right
- 5 Bend right knee
- 6 Bend left knee while straightening right knee
- 7 Bend right knee while straightening left knee
- & Straighten right knee
- 8 Bend right knee again

REPEAT
