

Bumpin' And Thumpin'

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Nancy De Moss (USA)
音樂: Fifty-Fifty - Keith Stegall



VINE RIGHT, TURN, STOMP, DIAGONAL HIP BUMPS

- 1-2 Step right foot to right side; cross-step left behind right
- 3-4 Pivoting ½ turn right, step on right foot; stomp left beside right
- 5-6 Bump hips forward diagonally right; bump hips back diagonally left
- 7&8 Bump hips forward diagonally right; bump hips back diagonally left; bump hips forward diagonally right
- 9-10 Bump hips forward diagonally left; bump hips back diagonally right
- 11&12 Bump hips forward diagonally left; bump hips back diagonally right; bump hips forward diagonally left

VINE RIGHT, TURN, STOMP, DIAGONAL HIP BUMPS

- 13-14 Step right foot to right side; cross-step left behind right
- 15-16 Pivoting ½ turn right, step on right foot; stomp left beside right
- 17-18 Bump hips forward diagonally right; bump hips back diagonally left
- 19&20 Bump hips forward diagonally right; bump hips back diagonally left; bump hips forward diagonally right
- 21-22 Bump hips forward, diagonally left; bump hips back diagonally right
- 23&24 Bump hips forward diagonally left; bump hips back diagonally right; bump hips forward diagonally left

RIGHT HEEL & TOE TOUCHES

- 25-26 Touch right heel forward; stomp (up) right foot beside left
- 27-28 Touch right heel forward; stomp (up) right foot beside left
- 29-30 Lean body back and extend right heel way forward; hold
- 31-32 Lean body forward and extend right toe way back; hold
- 33-34 Lean body back and extend right heel way forward; lean body forward and extend right toe way back
- 35-36 Step forward on right foot; stomp (up) left foot beside right

LEFT HEEL & TOE TOUCHES

- 37-38 Touch left heel forward; stomp (up) left foot beside right
- 39-40 Touch left toe back; stomp (up) left foot beside right
- 41-42 Lean body back and extend left heel way forward; hold
- 43-44 Lean body forward and extend left toe way back; hold
- 45-46 Lean body back and extend left heel way forward; lean body forward and extend left toe way back
- 47-48 Step left foot forward; stomp (up) right foot beside left

STEPS BACK, STOMP

- 49-50 Step right foot back; stomp (up) left foot beside right & clap hands
- 51-52 Step left foot back; stomp (up) right foot beside left
- 53-54 Step right foot back; stomp (up) left foot beside right & clap hands
- 55-56 Step left foot back; stomp (up) right foot beside left

REPEAT
