

Bomb Shell

拍數: 32 牆數: 2 級數: Improver
編舞者: Matt Jenkins (UK)
音樂: Sex Bomb - Tom Jones & Mousse T.



Choreographed for Sue Walkden of Evenin' Star Dance Boots UK.

RIGHT SIDE, TOGETHER, SIDE CHASSE, LEFT ROCK, COASTER STEP

1-4 Step right slightly to the side hold, bring left together, step right slightly to the side, bring left together and step right to the side
5-6 Rock left foot forward, rock back onto right
7&8 Step left foot slightly back, quickly step right together, and step left forward

STEP ½ TURN, WALK TWICE, POINT & POINT AND STEP ¼ TURN

9-10 Step right foot slightly forward ½ turn
11-12 Walk forward on right left (weight ending on left)
13&14 Point right to the side & step together point left to the side
&15-16& Step together on left, step right slightly forward, ½ turn left

STEP ¼ TURN, WALK TWICE, OUT OUT HOLD, IN, TOUCH

17-18 Step right slightly forward ¼ turn
19-20 Walk forward right left
&21-22& Jump right, left out wards (shoulder width apart) hold
&23-24& Jump right, left inwards only touching left (weight on right), hold

4 X HITCH PIVOTS ¼ TURN

25&26 Point left foot forward, hitch knee while swiveling on right foot
27&28 Point left foot forward, hitch knee while swiveling on right foot
29&30 Point left foot forward, hitch knee while swiveling on right foot
31&32 Point left foot forward, hitch knee while swiveling on right foot

REPEAT

On steps '&21-22' there are optional hip thrusts, while "out, out" - "thrust, thrust"
On steps '25-32' you may wish to do 4 circular hip rotations to the left