

Bomshel Stomp

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Low Intermediate
編舞者: Jamie Marshall (USA) & Karen Hedges (USA)
音樂: Bomshel Stomp - Bomshel



HEEL PUMPS, TURN ¼ SAILOR, ROCK, RECOVER, COASTER STEP

1&2 Touch right heel diagonally forward, hitch right knee, touch right heel diagonally forward
3&4 Cross right behind left, turn ¼ left and step left forward, step right together
5-6 Rock left forward, recover onto right
7&8 Step left back, step right together, step left forward (9:00)

"WIZARD" STEPS (STEP RIGHT DIAGONALLY FORWARD RIGHT, LOCK LEFT BEHIND RIGHT, STEP RIGHT TO SIDE, REPEAT TO LEFT)

9-10& Step right diagonally forward, lock left behind right, step right to side
11-12& Step left diagonally forward, lock right behind left, step left to side
13-14& Step right diagonally forward, lock left behind right, step right to side
15-16 Step left forward, touch right together (9:00)

STEP RIGHT BACK, SCOOT WITH LEFT HITCH, REPEAT WITH LEFT, COASTER STEP, SQUAT, TURN ¼ TO RIGHT, PELVIS THRUST WHILE PALM TURNED OUTWARD PRESSES DOWN (OR BODY ROLL AFTER 1ST WALL)

Listen to the words "Honk your horn!"

17& Step right back, hop right slightly back and hitch left knee
18& Step left back, hop left slightly back and hitching right knee
19&20 Step right back, step left together, step right forward
21-22 Big step left to side

Squat down on the wide step to the side, and look to your right

22 Turn ¼ right and step right together

If you squatted on count 22, stand up on count 23

23&24 Bump hips forward, bump hips back, bump hips forward (weight to left, 12:00)

On the 1st wall, honk your horn as follows: on count 23, turn right palm outward and press down. On '&' count raise right hand toward chest. On count 24, press down again

WIZARD STEPS (SEE COUNTS 9-16)

25-32 Repeat counts 9-16

"BOMSHEL" STOMP: STOMP RIGHT BACK, HOLD, STOMP LEFT BACK, HOLD, ROLL TO THE LEFT, STEP, STEP, STEP

33-34 Stomp right to side, hold
35-36 Stomp left to side, hold
37 Hold

On count 37 roll hips around to the left, ending with weight on left

38 Touch right together
39&40 Small step right forward, small step left forward, small step right forward (12:00)

STEP LEFT, PIVOT ½ RIGHT, KEEPING WEIGHT ON LEFT, HIP BUMPS, STEP RIGHT FORWARD, TURN ½ RIGHT, TURN ½ RIGHT

41-42 Step left forward, turn ½ right (weight to left, 6:00)
&43&44 Bump hips right, bump hips left, bump hips right, bump hips left

Styling: hold up right hand with index finger pointed up, wave hand right to left

45-46 Step right forward, turn ½ right and step left back
47-48 Turn ½ right and step right forward, step left together (6:00)

REPEAT

TAG

Repeat steps 33-48 after dancing 2 complete walls after wall 6. Dancers scramble around for 12 counts during siren, ending up facing back wall. Hold 4 counts to get ready to start dance again

ENDING

Repeat steps 33-48 after wall 8 to end dance
