

Boom Boom Boom!

拍數: 0 牆數: 4 級數: Improver
編舞者: Jeremie Tridon (FR)
音樂: Boom Boom Boom - Rare Blend



Sequence: AB, AB, break, AB (counts 1-28), B (counts 1-28), B (counts 1-28)

PART A

WALK, WALK, MAMBO, BACK WALK, BACK WALK, MAMBO

1-2 Step forward right, step forward g
3&4 Step forward right & recover weight to left in place, step together right
5&6 Step back left, step back right
7&8 Step back left & recover weight to right in place, step together left

LEFT SNAKE ROLL TWICE, TOUCH HEELS, RIGHT ¼ TURN, BODY ROLL

1-2 Step side left to left with a snake roll, recover right near left (weight on right)
3-4 Step side left to left with a snake roll, recover right near left (weight on right)
5&6 Touch right heel forward, step right foot beside left, touch left heel forward
7 ¼ turn to right with step left foot beside right
&8 Body roll

WALK, WALK, MAMBO, BACK WALK, BACK WALK, MAMBO

1-2 Step forward right, step forward g
3&4 Step forward right & recover weight to left in place, step together right
5&6 Step back left, step back right
7&8 Step back left & recover weight to right in place, step together left

LEFT SNAKE ROLL TWICE, TOUCH HEELS, RIGHT ¼ TURN, BODY ROLL

1-2 Step side left to left with a snake roll, recover right near left (weight on right)
3-4 Step side left to left with a snake roll, recover right near left (weight on right)
5&6 Touch right heel forward, step right foot beside left, touch left heel forward
7 ¼ turn to right with step left foot beside right
&8 Body roll

PART B

HOPS WITH FISTS, ¼ TURN, CLAP

1-2 Back hop with fists forward, recover fists against chest
&3-4 Hop to right with fists to left, hop to right with fists to left, recover fists against chest
&5 Back hop with fists forward, back hop with fists forward
6-7 Fists to left, fists to right
8 ¼ turn to right, clap hands

CROSS-STEP-CROSS, POINT TWICE, CROSS-STEP-CROSS, POINT TWICE

1&2 Cross right foot behind left, step left foot to left side, cross right foot over left
3-4 Point left foot to left twice
5&6 Cross left foot behind right, step right foot to right side, cross left foot over right
7-8 Point right foot to right twice

HOPS WITH FISTS, ¼ TURN, CLAP

1-2 Back hop with fists forward, recover fists against chest
&3-4 Hop to right with fists to left, hop to right with fists to left, recover fists against chest
&5 Back hop with fists forward, back hop with fists forward

6-7 Fists to left, fists to right
8 ¼ turn to right, clap hands

CROSS-STEP-CROSS, POINT TWICE, CROSS-STEP-CROSS, POINT TWICE

1&2 Cross right foot behind left, step left foot to left side, cross right foot over left
3-4 Point left foot to left twice
5&6 Cross left foot behind right, step right foot to right side, cross left foot over right
7-8 Point right foot to right twice

STEP TURN TWICE

1-4 Step right forward, ½ turn to left, step right forward, ½ turn to left

BREAK:

1&2& Touch right near left, step back on right, touch left heel forward, step left in place
3&4& Touch right near left, step back on right, touch left heel forward, step left in place
5&6& Point right to right, recover right near left, point left to left, recover left near right
7&8& Touch right heel forward, recover right near left, touch left heel forward, recover left near right
