

Boom Shake

拍數: 40 牆數: 4 級數:
編舞者: Bob Peyre-Ferry (USA) & Marlene Peyre-Ferry (USA)
音樂: Boom Shake - Ronnie Beard



RIGHT VINE, HIP BUMPS

- 1 Step right foot to right
- 2 Cross step left foot behind right foot
- 3 Step right foot to right
- 4 Scuff left foot forward
- 5&6 Step left foot slightly forward as bump hips left, right, left
- 7&8 Step right foot slightly forward as bump hips right, left, right

LEFT VINE, HIP BUMPS

- 9 Step left foot to left
- 10 Cross step right foot behind left foot
- 11 Step left foot to left
- 12 Scuff right foot forward
- 13&14 Step right foot slightly forward as bump hips right, left, right
- 15&16 Step left foot slightly forward as bump hips left, right, left

ROCK STEPS, PIVOT STEPS

- 17 Rock forward on right foot
- 18 Rock back on left foot
- 19 Rock back on right foot
- 20 Rock forward on left foot
- 21 Step right foot forward
- 22 Pivot ½ turn left
- 23&24 Shuffle forward right, left, right

JAZZ BOX, KICK, BALL CHANGE, PIVOT STEP

- 25 Cross step left foot over right foot
- 26 Step right foot back
- 27 Step left foot back as turn ¼ turn left
- 28 Stomp right foot to left foot
- 29&30 Kick right foot forward, step on ball of right foot, and step on left foot
- 31 Step right foot forward
- 32 Pivot ½ turn left

ROCK STEPS, SHOULDER SHIMMIES

- 33 Rock forward on right foot
- 34 Rock back on left foot
- 35 Rock back on right foot
- 36 Rock forward on left foot
- 37-38 Step right foot slightly forward as shimmy shoulders forward
- 39-40 Shift weight back on left foot as shimmy shoulders back

REPEAT