Boom! Shake The Room



拍數: 32 編數: 2 級數: Intermediate

編舞者: Suzy Taylor (UK)

音樂: Boom! Shake the Room - DJ Jazzy Jeff & The Fresh Prince



STOMP, KICK, COASTER RIGHT, STOMP, KICK, COASTER LEFT

1-2 Stomp right slightly forward, kick right forward

3&4 Step back on right, bring left next to right, step forward right

5-6 Stomp left slightly forward, kick left forward

7&8 Step back on left, bring right next to left, step forward left

STEP, 1/4 TURN LEFT, TOUCH, STEP 1/4 TURN LEFT, STEP, HEEL TWISTS, KICK OUT TO SIDE

1-2 Making ¼ turn left step right forward, touch left toe next to right

3-4 Making ¼ turn left step left to side, step right next to left

5-6 Twist heels right, left (start lowering body)

Twist heels right, center (bend knees further), spring up while kicking left out to left side

Optional arm movements: palms together in front of chest, moving up then sweeping both out to either side

WEAVE RIGHT, 1/4 TURN RIGHT, POINT, HITCH TWICE

1-2 Cross step left over right, step right to side

3& Cross step left behind right, making ¼ turn right step right forward

4& Point left out to left side, hitch left

5-8& Repeat counts 1-4&

STEP PIVOT ½ TURN RIGHT, RIGHT COASTER, 2 PRISSY WALKS LEFT, RIGHT, SIDE ROCK ¼ TURN RIGHT, RETURN ¼ TURN LEFT

1-2 Step forward left, pivot ½ turn right

3&4 Step right back, bring left next to right, step right forward

5-6 Step left forward and slightly across right, step right forward and slightly across left

7&8 Making ¼ turn right rock left to side, recover onto right, making ¼ left bring left next to right 7&8& advanced option: jump both feet out making ¼ turn right, jump both feet in together, making ¼ turn left jump both feet out, jump both feet in together on &

REPEAT