

Chick A Boom

拍數: 48 牆數: 4 級數: Improver
編舞者: Violet Ray (USA) - April 2007
音樂: Boom-a-Chick-Chick - Bobby Lewis



ROCK, RECOVER, CHASSE, WEAVE

1 - 2 Rock R foot back behind L foot, Recover weight on L foot
3 & 4 Step R foot to right side, Step L foot next to R foot, Step R foot to right side
5 - 6 Cross L foot behind R foot, Step R foot to right side
7 - 8 Cross L foot over R foot, Step R foot to right side

ROCK, RECOVER, CHASSE, WEAVE

1 - 2 Rock L foot back behind R foot, Recover weight on R foot
3 & 4 Step L foot to left side, Step R foot next to L foot, Step L foot to left side
5 - 6 Cross R foot behind L foot, Step L foot to left side
7 - 8 Cross R foot over L foot, Step L foot to left side

ROCK, RECOVER, 1/2 TRIPLE TURN (2X), ROCK RECOVER

1 - 2 Rock R foot forward, Recover weight on L foot
3 & 4 Execute triple step while turning 1/2 right (R, L, R) (6:00)
5 & 6 Execute triple step while turning 1/2 right (L, R, L) (12:00)
7 - 8 Rock R foot back, Recover weight on L foot

KICK BALL STEP (2X), TWIST

1 & 2 Kick R foot forward, Step ball of R foot next to L foot, Step L foot forward
3 & 4 Kick R foot forward, Step ball of R foot next to L foot, Step L foot forward
5 - 6 Touch ball of R foot forward while swinging hips forward to right angle, Swing hips to left
7 - 8 Swing hips forward at right angle, Swing hips to left

[Optional hand movements: On counts 5-8, while doing the twist, swing both hands R, L, R, L]

1/4 PIVOT TURN, CROSSING TRIPLE, POINT-TOGETHER (2X)

1 - 2 Step R foot forward, Pivot turn 1/4 left ending with weight on L foot (9:00)
3 & 4 Cross R foot over L foot, Step L foot to left side, Cross R foot over L foot
5 - 6 Point L foot out to left side, Step L foot next to R foot
7 - 8 Point R foot out to right side, Step R foot next to L foot

BACK, TOGETHER, CLAP, TOE-HEEL STRUTS (3X)

&1 - 2 Hop back on L foot, Hop R foot back next to L foot, Clap
3 - 4 Touch ball of L foot forward, Press L heel down
5 - 6 Touch ball of R foot forward, Press R heel down
7 - 8 Touch ball of L foot forward, Press L heel down

BEGIN AGAIN

TAG: There is a 4 count tag after the 3rd & 6th repetition of the dance. Do the following:

1 - 2 Swing hips to the right, Swing hips to the left
3 - 4 Swing hips to the right, Swing hips to the left

[Optional hand movements while executing "the twist" - Swing both hands R, L, R, L]

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