

Da Bump

拍數: 64 牆數: 4 級數: Beginner
編舞者: Barry Durand (USA) - October 2007
音樂: Hump de Bump - Red Hot Chili Peppers



Intro: 16 counts.

Step side Tap behind, Hip bumps, Rock Recover, turning shuffle

1,2,3& 4 Side L, cross R behind and tap, step side R as hip bumps R, L, R
5,6,7& 8 Forward L, rock recover to the right and step on R turning ¼ turn left then shuffle forward
L,R,L

Step side Tap behind, Hip bumps, Rock Recover, turning shuffle

1,2,3& 4 Side R, cross L behind and tap, step side L as hip bumps L,R,L
5,6,7& 8 Forward R, rock recover to the left and step on L turning ¼ turn right then shuffle forward
R,L,R

Jazz box ¼ turn, pivot, shuffle

1,2,3,4 Jazz box ¼ turn to left by crossing L, back R with ¼ turn left, forward L, forward R
5,6,7&8 Forward L, ½ pivot turn to right step forward R, shuffle forward L,R,L

Diagonal Slides and Hip Bump

1,2,3,4 Slide on diagonal forward with R, tap L, slide diagonal forward L, tap right
5,6,7,8 Slide on diagonal backward with R, tap L, slide diagonal backward L and stomp L, stomp R

Hops Forward & Back with quarter turns, hip roll

&12, &34 Hop forward L,R, back L,R with ¼ turn to right on 4
&56, &78 Hop forward L,R, back L,R with ¼ turn to right on 8

&12, &34 Hop forward L,R, back L,R with ¼ turn to right on 4
&5, 6-8 Hop forward L,R with feet apart and roll hips to right end weight on R

Cross feet together turning and hip bumps

1&34 Cross L, step side R, together L, hold or bounce knees
5&78 Cross R, step side L, together R, turn ¼ right while (option bounce knees)

1&34 Cross L, step side R, together L, hold or bounce knees
5,6,7,8 Cross R, step side L and hips L,R, hold 8.

End of Dance – Repeat as necessary!

Restart:

Go all the way through once. Then on 2nd time go through count 48 restart