Mini Boom

拍數: 24

級數: Beginner

編舞者: Violet Ray (USA) - December 2007

音樂: Boom-a-Chick-Chick - Bobby Lewis

This is an easy beginner dance to "Boom A Chick Chick" for beginners so that my dance, Chick A Boom, can be done as a floor splitter for all levels of dancers.

WEAVE, ROCK, RECOVER

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

WEAVE, 1/4 PIVOT TURN

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

STEP, POINT, TOGETHER, POINT TOGETHER, TOE-HEEL STRUTS (2X)

- 1 2 Step R foot next to L foot, Point L foot to left side
- 3 4 Step L foot next to R foot, Point R foot to right side
- 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 6th & 12th 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 to the R,L,R,L]





牆數:4