

Bom Chi Bom

拍數: 0 牆數: 2 級數: Phrased Improver
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音樂: Xibom Bombom - As Meninas



Sequence: ABC, ACD, ABC, ACC

PART A (64 COUNTS)

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE

1 - 2 Cross rock right over left (1), recover on left (2)
3 & 4 Step right to right side (3), step left beside right (&), step right to right side (4)
5 - 6 Cross rock left over right (5), recover on right (6)
7 & 8 Step left to left side (7), step right beside left (&), step left to left side (8)

CROSS ROCK, RECOVER, SIDE SHUFFLE ¼ TURN RIGHT, PIVOT ½ TURN RIGHT, SIDE SHUFFLE ¼ TURN RIGHT

1 - 2 Cross rock right over left (1), recover on left (2)
3 & 4 Step right to right side (3), step left beside right (&), step forward on right, making a ¼ turn right (4)
5 - 6 Step forward on left (5), pivot ½ turn right (6)
7 & 8 Step left to left side, making a ¼ turn right (7), step right beside left (&), step left to left side (8)

ROCK BACK, RECOVER, TRIPLE STEP, ROCK BACK, RECOVER, TRIPLE STEP

1 - 2 Rock back on right (1), recover on left (2)
3 & 4 Triple step in place: right, left, right (3 & 4)
5 - 6 Rock back on left (5), recover on right (6)
7 & 8 Triple step in place: left, right, left (7 & 8)

ROCK BACK, RECOVER, SHUFFLE FORWARD, PIVOT ½ TURN RIGHT, ½ TURN SHUFFLE TO THE RIGHT

1 - 2 Rock back on right (1), recover on left (2)
3 & 4 Step forward on right (3), step left behind right (&), step forward on right (4)
5 - 6 Step forward on left (5), pivot ½ turn right (6)
7 & 8 Step left to left side, making a ¼ turn right (7), step right beside left (&), step back on left, making a ¼ turn right (8)

TOE STRUT FORWARD X 2, PIVOT ½ TURN LEFT, SHUFFLE FORWARD

1 - 4 Right toe strut forward (1 - 2), left toe strut forward (3 - 4)
5 - 6 Step forward on right (5), pivot ½ turn left (6)
7 & 8 Step forward on right (7), step left behind right (&), step forward on right (8)

TOE STRUT FORWARD X 2, PIVOT ½ TURN LEFT, SHUFFLE FORWARD

1 - 4 Left toe strut forward (1 - 2), right toe strut forward (3 - 4)
5 - 6 Step forward on left (5), pivot ½ turn right (6)
7 & 8 Step forward on left (7), step right behind left (&), step forward on left (8)

SIDE ROCK, RECOVER, CROSS SHUFFLE, ¼ TURN RIGHT X 2, CROSS SHUFFLE

1 - 2 Rock right to right side (1), recover on left (2)
3 & 4 Cross right over left (3), step left behind right (&), cross right over left (4)
5 - 6 Step back on left, making a ¼ turn right (5), step right to right side, making a ¼ turn right (6)
7 & 8 Cross left over right (7), step right behind left (&), cross right over left (8)

SIDE ROCK, RECOVER, CROSS SHUFFLE, ¼ TURN RIGHT X 2, CROSS SHUFFLE

- 1 - 2 Rock right to right side (1), recover on left (2)
3 & 4 Cross right over left (3), step left behind right (&), cross right over left (4)
5 - 6 Step back on left, making a ¼ turn right (5), step right to right side, making a ¼ turn right (6)
7 & 8 Cross left over right (7), step right behind left (&), cross right over left (8)

PART B (16 COUNTS)**WALK X 2, SHUFFLE FORWARD, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD**

- 1 - 2 Walk forward right, left (1 - 2)
3 & 4 Step forward on right (3), step left behind right (&), step forward on right (4)
5 - 6 Step forward on left (5), pivot ½ turn right (6)
7 & 8 Step forward on left (7), step right behind left (&), step forward on left (8)

WALK X 2, SHUFFLE FORWARD, CROSS ROCK, RECOVER, SIDE SHUFFLE

- 1 - 2 Walk forward right, left (1 - 2)
3 & 4 Step forward on right (3), step left behind right (&), step forward on right (4)
5 - 6 Cross rock left over right (5), recover on right (6)
7 & 8 Step left to left side (7), step right beside left (&), step left to left side (8)

PART C (32 COUNTS)**HIP BUMPS**

- 1 - 2 Bump hips to right (1), bump hips to left (2)
Arms: Swing arms to right at hip level (1), swing arms to left at hip level (2)
3 - 4 Bump hips to right side twice (3 - 4)
Arms: Roll arms to the left above shoulder level (3 - 4)
5 - 6 Bump hips to left (5), bump hips to right (6)
Arms: Swing arms to left at hip level (5), swing arms to right at hip level (6)
7 - 8 Bump hips to left side twice (7 - 8)
Arms: Roll arms to the right above shoulder level (7 - 8)

REPEAT COUNTS 1 - 8 FOR 3 TIMES**PART D (52 COUNTS)****TOE STRUT FORWARD X 2, FORWARD, HOLD, PIVOT ½ TURN LEFT, HOLD**

- 1 - 4 Right toe strut forward (1 - 2), left toe strut forward (3 - 4)
5 - 6 Step forward on right (5), hold (6)
7 - 8 Pivot ½ turn left (7), hold (8)

TOE STRUT FORWARD X 2, FORWARD, HOLD, PIVOT ½ TURN LEFT, HOLD

- 1 - 4 Right toe strut forward (1 - 2), left toe strut forward (3 - 4)
5 - 6 Step forward on right (5), hold (6)
7 - 8 Pivot ½ turn left (7), hold (8)

SCISSORS CROSS, HOLD, SCISSORS CROSS WITH ¼ TURN RIGHT, HOLD

- 1 - 4 Step right to right side (1), step left beside right (2), cross right over left (3), hold (4)
5 - 8 Step left to left side (5), step right beside left, making a ¼ turn right (6), step forward on left (7), hold (8)

TOE STRUT JAZZ BOX WITH ¼ TURN RIGHT

- 1 - 8 Cross right toes over left (1), drop right heel (2), touch left toes behind right (3), drop left heel (4), touch right toes to right side, making a ¼ turn right (5) drop right heel (6), cross left toes over right (7), drop left heel (8)

SCISSORS CROSS, HOLD, SCISSORS CROSS WITH ¼ TURN RIGHT, HOLD

- 1 - 4 Step right to right side (1), step left beside right (2), cross right over left (3), hold (4)

5 - 8 Step left to left side (5), step right beside left, making a $\frac{1}{4}$ turn right (6), step forward on left (7), hold (8)

TOE STRUT JAZZ BOX WITH $\frac{1}{4}$ TURN RIGHT

1 - 8 Cross right toes over left (1), drop right heel (2), touch left toes behind right (3), drop left heel (4), touch right toes to right side, making a $\frac{1}{4}$ turn right (5) drop right heel (6), cross left toes over right (7), drop left heel (8)

STEP TOUCH X 2

1 - 4 Step right to right side (1), touch left beside right (2), step left to left side (3), touch right beside left (4)

REPEAT
