

Bonamana

拍數: 64 牆數: 4 級數: Improver
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音樂: Bonamana - SUPER JUNIOR



Intro : 32 counts

TOE POINTS, STEP POINT, TOE POINTS, STEP, TOUCH

1-2 Point R forward, then backward
3-4 1/4 turn right, step R in place, point L backward
5-6 Point L forward, then backward
7-8 1/4 turn right, step L in place, touch R besides L [6]

HIP BUMPS, SIDE TOGETHER SIDE TOUCH

1-4 Bump hip right, left, right, left
5-6 Step R to right, step L besides R
7-8 Step R to right, touch L besides R (Jab R elbow to right)

SIDE TOGETHER SIDE TOUCH, STEP CROSS STEP CROSS

1-2 Step L to left, step R besides L
3-4 Step L to left, touch R besides L (Jab L elbow to left)
5-6 Step R forward, 1/ 4 turn left and step L across R
7-8 1/4 turn right and step R forward, 1/ 4 turn left and step L across R [3]

CROSS POINT, CROSS POINT, WALK WALK WALK, TURN

1-2 Cross R over L, point L to left
3-4 Cross L over R, point R to right
5-7 Walk on R, L, R
8 1/2 turn left (weight on R) and sit [9] *

RECOVER POINT, CROSS POINT, WALK, WALK, WALK, TURN

1-2 Recover on L, point R to right
3-4 Cross R over L, point L to left **
5-7 Walk on L, R, L
8 1/2 turn right (weight on L) and sit [3]

FUNKY WALK, JUMP OUT-IN-OUT-IN

1-4 Funky Walk on R, L, R, L (Palms facing up at shoulder level, on each side)
5-6 Jump feet out (cross hands over shoulder), jump feet in (Spread hands beside body)
7-8 Jump feet out (cross hands over hip), jump feet in (Spread hands above head)

TURN, SIDE TOGETHER SIDE TOUCH (X2)

1-4 1/4 turn right, step R forward, step L besides R, step R forward, touch L behind R
5-8 1/2 turn left, step L forward, step R besides L, step L forward, touch R behind L [12]
(Egyptian Walk : Palms facing up, with hands at side of body forming a letter "Z")

TURN, KNEE POPS, RECOVER, STEP TURN STEP

1-4 1/4 turn right and knee pops L, R , L, R
5-6 Recover on R, step forward on L
7-8 Pivot 1/2 turn on R, step L forward [9]

REPEAT

First Restart * (Wall 3 after 32 counts) : Add "&" count and step down on L
Second Restart ** (Wall 6 after 36 counts) : Add "&" count and step down on L
Ending Wall 8 : Add 5 counts - Jump Out-in-out-in-out (Thinking man Pose !)

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