

# 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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