

Bumpy Ride

拍數: 32 牆數: 4 級數: Fun Easy Intermediate
編舞者: Sebastiaan Holtland (NL) - August 2010
音樂: Bumpy Ride - Mohombi : (Single 2010)



32 Count intro start dancing after vocals (18 sec)

Sec 1: Jump Both Feet Apart Fwd, Hold, Jump Both Feet Apart Back, Both Toe Lift / Replace, 1/4 Turn R, Jump Both Feet Apart Back, Both Toe Lift / Replace, Sailor step

- &1-2 Jump both feet apart forwards (&1), HOLD weight onto both feet (12:00)
- &3&4 Jump both feet apart back (&3), rolling back on both heels and lift your both toes up, Replace on both feet
- &5&6 Making a 1/4 turn to right (3) and jump both apart back (&5), rolling back on both heels and lift your both toes up, replace on both feet take weight onto Lf
- 7&8 Step Rf behind Lf, step Lf to the Left, step Rf to the right weight onto Rf (3:00)

Sec 2: Cross Shuffle, Long Step Back, Pushing Hips Back, Replace, Together, Side Rock / Recover With 1/4 Turn L, Lock Step Fwd

- 1&2 Cross Lf over Rf, step Rf to the right, cross Lf over Rf weight onto Lf (3:00)
- 3-4 Step long back on Rf and pushing hips back and rolling back on to L heel, recover on Lf
- &5-6 Step Rf beside Lf, rock Lf to the left side, making a 1/4 turn to left (12) recover on Rf weight onto Rf
- 7&8 Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (12:00) ****Restart****

RESTART here on WALL 4 after 16 count (facing 3 O'clock)

Sec 3: Jazz Box with 1/4 Turn R, Cross, Heel Switches R-L, Heel Switches R-L with 1/4 Turn R

- 1-2 Cross Rf over Lf, make a ¼ turn right (3) step back on Lf weight onto Lf
 - 3-4 Step Rf to the right, cross Lf over Rf weight onto Lf
- (Option: Rolling shoulder movements in the counts 1-4 from sec 3)**
- 5&6& Touch R heel forward diagonal, step Rf beside Lf back in place, touch L heel forward diagonal, step Lf beside Rf back in place
 - 7&8& Making a 1/4 turn to right (6) touch R heel forward diagonal, step Rf beside Lf back in place, touch L heel forward diagonal, step Lf beside Rf back in place

Sec 4: Fwd rock / Recover, Together, Side Rock / recover, Lift With 1/4 Turn L, Step, Lock, Step, Lock, step, Lock, Step (½ Turn L Arch)

- 1-2 Rock forward on Rf, recover on Lf (6:00)
- &3-4 Step Rf beside Lf, rock Lf to the left, making a 1/4 turn left (3) recover on Rf and lift L knee up
- 5&6 Step Lf forward, lock Rf behind, step Lf forward
- &7&8 Lock Rf behind, step Lf forward, lock Rf behind, step Lf forward (9:00)

(Making a ½ Turn arch to the left with the above steps)

Start The Dance Again And Have fun!

smoothdancer79@hotmail.com