

Bonamana

拍數: 0 牆數: 0 級數: Phrased Intermediate
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音樂: Bonamana - SUPER JUNIOR



Intro: 32 count

Sequence : AAABC / AABC / TAG / AAABC / TAG / POSE

Sequence A:

(1) SAMBA (Twice) , FWD , LOCK STEP , FWD , LOCK , FWD STEP

1& 2 Step fwd on R , rock L to left side , recover on R
3& 4 Step fwd on L , rock R to right side , recover on L
5 6 Step fwd on R , lock L behind R
7& 8 Step fwd on R , lock L behind R , step fwd on R

(2) ROCK FWD , RECOVER , BACK LOCK STEP , ROCK BACK . KICK BALL CHANGE

1 2 Rock fwd on L , recover on R
3& 4 Step back on L , lock R over L , step back on L
5 6 Rock back on R , recover on L
7& 8 Kick R fwd, step R ball next to L , step L next to R

(3) (SIDE ROCK, RECOVER , STEP)x2 , CAMEL WALK MOVING FWD- BALL WALKS

1& 2 Rock R to right side , recover on L , step fwd on R
3& 4 Rock L to left side , recover on R , step fwd on L
5 - 8 Walk fwd on ball of right , left , right , left

(4) SIDE ROCK , RECOVER , SAILOR STEP 1/4 TURN LEFT , ROCKING CHAIR

1 2 Rock L to left side , recover on R
3& 4 Cross L behind R turn 1/4 left, step R to right side , step L to left side
5 6 Rock fwd on R , recover on L
7 8 Rock bwd on R , recover on L

Sequence B:

(1) DIAGONAL , SIDE , CENTRE , TOGETHER , JAZZ BOX 1/4 TURN , HITCH

1 2 Step R fwd to right diagonal , step L to left side (out , out)
3 4 Step R back to centre , step L beside R (in , in)
5 6 Cross R over L , step back on L
7 8 Turn 1/4 right step R to right side , hitch L

(2) VINE LEFT WITH TOUCH (DOUBLE HIP BUMPS)x2

1 2 Step L to left side , cross R behind L
3 4 Step L to left side , touch R beside L
5& 6 Step R fwd bump hips to fwd , bwd , fwd
7& 8 Step L fwd bump hips to fwd , bwd , fwd

Repeat (1) & (2)

Sequence C :

(1) SKATE DANCE (SIDE , TOUCH)x4

1 2 Step R to right side , cross touch L behind R (swing right hand to right side and put left hand behind your back)
3 4 Step L to left side , cross touch R behind L (swing right hand back to chest and put left hand behind your back)

5 – 8 Repeat steps 1 – 4

(2) (HIP BUMP RIGHT , LEFT)x3 , 1/4 TURN , TOGETHER

- 1 2 Step R to right side and bump hips your right side (lift right hand to your upper right) , bump hips to left side (smash right hand to your lower left)
- 3 4 Step R to right side and bump hips your right side (lift right hand to your upper right) , bump hips to left side (smash right hand to your lower left)
- 5 6 Step R to right side and bump hips your right side (lift right hand to your upper right) , bump hips to left side (smash right hand to your lower left)
- 7 8 Turn 1/4 right stepping R to right side , step L beside R

Repeat (1) & (2)

TAG :

(HEEL TOUCH , TOGETHER)x2

- 1 2 Touch R heel fwd , step R beside L
- 3 4 Touch L heel fwd , step L beside R

***** (or you can dance Tag faster like the following:)**

- 1 & Touch R heel fwd ,step R beside L
- 2 & Touch L heel fwd , step L beside R
- 3 & Touch R heel fwd , step R beside L
- 4 & Touch L heel fwd , step L beside R
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