

Bum Bum Groovy

拍數: 32 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - November 2010
音樂: Man Down - Rihanna : (New single 2010)



Start After The Words "Side By Self" (24 Sec)

[1-8] Cross & Cross, Lift, Cross & Cross, 1/4 Turn R, Cross & Cross, Lift, lock step, Fwd

- 1&2& Cross Rf over Lf, step Lf to the left, cross Rf over Lf weight onto Rf, lift Lf up
3&4 Cross Lf over Rf, step Rf to the right, cross Lf over Rf weight onto Lf
5&6& Making a 1/4 turn to right (3) Cross Rf over Lf, step Lf to the left, cross Rf over Lf weight onto Rf, Lift Lf up
7&8 Step forward on Lf, lock Rf behind Lf, step forward on Lf weight onto Lf (3:00)

[9-16] 1/2 Pivot L, & Point, Sailor step R, Hitch, Cross, Side, Cross Behind, Side Rock / Recover, 1/4 Turn R, Back

- 1&2 Step forward on Rf, making a 1/2 turn to L (9) take weight onto Lf, point Rf out to right holding weight onto Lf
3&4& Step Rf behind Lf, step Lf to the left, step Rf to the right (Sailor), hitch L knee up holding weight onto Rf
5&6 Cross Lf over Rf, step Rf to the right, cross Lf behind Rf take weight onto both feet
7&8 Rock Rf out to right, making a 1/4 turn to right (12) recover on Lf, step back onto Rf weight onto Rf

[17-24] 1/4 Coaster Step, Side Mambo, Cross, 3/4 Triple Turn L, Mambo Back, Fwd

- 1&2 Making a 1/4 turn to right (3) step back on Lf, step Rf beside Lf, step forward on Lf (1/4 Coaster) weight onto Lf
3&4 Mambo Rf to the right, recover on Lf, cross Rf over Lf weight onto Rf
5&6 Making a 1/4 turn to left (12) step forward on Lf, continue a 1/2 turn to left (6) step back on Rf, Step back on Lf weight onto Lf
7&8 Mambo back on Rf, recover on Lf, step forward on Rf weight onto Rf (6:00)

[25-32] L Point Fwd, Down Up, Coaster step L, 1/2 Pivot L, & Side, 1/4 Coaster Step

- 1&2 Point forward on Lf, Dip body down, coming up weight onto Rf (6:00)
3&4 Step back on Lf, step Rf beside Lf, step forward on Lf weight onto Lf
5&6 Step forward on Rf, making a 1/2 turn to L (12) take weight onto Lf, step Rf out to right weight onto Rf
7&8 Making a 1/4 turn to right (3) step back on Lf, step Rf beside Lf, step forward on Lf (1/4 Coaster) weight onto Lf

Start the dance again and have fun!

Contact: smoothdancer79@hotmail.com