

Bao Liao

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: JinLan Diong (MY) - November 2011
音樂: Bao Liao (爆了) - Gu Ju Ji (古巨基)



Intro: 32 count - Sequence: AA-B AA-Tag A-A-B Ending (A- = Part A: 1~32)

Part A (64-count)

[1~8] Walk R-Hold, Walk L-Hold, Jump Out-Hold, Hip roll

1,2,3,4 Step back on R(1), Hold(2), Step back on L(3), Hold(4)
&5,6,7,8 Jump out (step apart)(5), Hold(6), Hip roll counter clockwise ending weight on R(7,8)

[9~16] Cross-Point, Cross-Point, Hip Bumps, Rock, Step

1,2,3,4 Cross R over L(1), Point L to L side(2), Cross L over R(3), Point R to R side(4).
5&6 Bump hips R(5), bump hips L(&), bump hips R(weight ending on R) (6).
7,8 Step L to L side (recover)(7), Step L together R(8).

(Optional styling: body roll to L ending weight on R(7,8))

[17~24] Ball Cross-Hold, Ball Cross-Hold, Kick-Flick-Kick-Fwd, Stomp, Hitch

&1,2 Step L back(&), Cross R over L(1), Hold(2),
&3,4 Step L next to R(&), Cross R over L(3), Hold(4)
5&6& Kick L to L(5), Flick L behind R knee(&), Kick L forward(6), Step L forward(&)
7,8 Stomp R beside L wth slight bend knees(7), Hitch R knee & straighten L knee(8).

[25~32] Kick, Touch, 1/2R Point-Hold, Shoulder Pops, Flick out-Flick in 1/2 Turn R

1,2,3,4 Low kick R forward(1), Touch R back(2), ½ turn R pointing R toe forward (weight ending on L) (3), Hold(4).
5,6,7,8 Shoulders pop up x2(5,6), Flick R out to R side(7), make 1/2 turn R as flick R in toward L (8).

[33~40] Side, Hold, Ball Step, Together, Long Side Touches

1,2&3,4 Step side on R(1), Hold(2), Step L next to R(&), Step side on R(3), Step L together(4)
5&6& Touch R to R side(5), Step R next to L(&), Touch L to L side(6), Step L next to R(&)
7&8 Touch R to R side(7), Step R next to L(&), Touch L to L side(8)

[41~48] Ball-Rock, Recover, 1/4R Fwd, 1/4R Side, Press R Diag, Heel Bounce x2, Recover

&1,2 Step L next to R(&), Rock R to side(1), Recover on L(2)
3,4 ½ turn R step forward on R(3), Hinge turn R step side on L(4)
5,6,7,8 Press R to R diagonal(5), Bounce R heel twice(6,7), Recover on L(8)

[49~56] Out, Out, In, Touch, Hip Bumps Fwd, Back, Fwd, Stomp

1,2,3,4 Step out on R(1), Step out on L(2), Step in on R(3), Touch L next to R(4)
5,6,7,8 Stomp forward on L as sway Forward(5), Back(6), Forward(7), Tag forward on R heel(no weight on R)(8)

[57~64] Walk Back, Back, ½ R forward, Forward, Cross, Unwind Full Turn

1,2,3,4 Walk back R(1), Walk back L(2), ½ turn R step forward on R(3), Step forward on L(4)
5,6,7,8 Cross R over L unwind slow full turn L(weight ending on L)(5,6,7,8)

Part B (32 count)

[1~8] Rolling R, Knee pop, Hold, Chest pops

1,2,3,4 ¼ turn R step forward on R(1), 1/2turn R step back on L(2), 1/4turn R step side on R(3), Step side on L(4)
5,6,7,8 Pop R knee in (5), Hold(6), Pop chest up twice(7,8)

[9~16] Side, Hold, Ball-Side, Together, Side Touches

1,2&3,4 Step side on R(1), Hold(2), Step L next to R(&), Step side on R(3), Step L next to R(4)
5&6& Touch R to R side(5), Step R next to L(&), Touch L to L side(6), Step L next to R(&)
7&8 Touch R to R side(7), Step R next to L(&), Touch L to L side(8)

[17~24] Rolling L, Knee pop, Hold, Chest pops

1,2,3,4 $\frac{1}{4}$ turn L step forward on L(1), $\frac{1}{2}$ turn L step back on R(2), $\frac{1}{4}$ turn L step side on L(3), Step R to R side(4)
5,6,7,8 Pop R knee in (5), Hold(6), Pop chest up twice(7,8)

[25~32] Side, Hold, Ball Step, Side, Together, Side Touches

1,2&3,4 Step side on R(1), Hold(2), Step L next to R(&), Step side on R(3), Step L next to R(4)
5&6& Touch R to R side(5), Step R next to L(&), Touch L to L side(6), Step L next to R(&)
7&8& Touch R to R side(7), Step R next to L(&), Touch L to L side(8), Step L next to R(&)

Tag (32count)**[1~8] Side, Hold, Back, Recover, Forward, Pivot $\frac{3}{4}$ Turn R, Side, Hold**

1,2,3,4 Step side on R(1), Hold(2), Step L back rock(3), Recover on R(4)
5,6,7,8 Step forward on L(5), Pivot $\frac{1}{2}$ turn R step forward on R(6), $\frac{1}{4}$ turn R step side on L(7), Hold(8)

[9~16] Cross Samba x2, Forward Pivot $\frac{1}{4}$ L

1,2,3 Cross R over L(1), Step side on L(2), Recover on R(3)
4,5,6 Cross L over R(4), Step side on R(5), Recover on L(6)
7,8 Step forward on R(7), Pivot $\frac{1}{4}$ turn L step side on L(8)

[17~24] Side, Hold, Rock, Recover, Forward, Pivot $\frac{3}{4}$ Turn R, Side, Hold

1,2,3,4 Step side on R(1), Hold(2), Step L back rock(3), Recover on R(4)
5,6,7,8 Step forward on L(5), Pivot $\frac{3}{4}$ R(6), step side on L(7), Hold(8)

[25~32] Cross Samba x2, Forward Pivot $\frac{1}{4}$ L

1,2,3 Cross R over L(1), Step side on L(2), Recover on R(3)
4,5,6 Cross L over R(4), Step side on R(5), Recover on L(6)
7,8 Step forward on R(7), Pivot $\frac{1}{4}$ turn L step side on L(8)

Ending (16 count)**[1~8] Side, Hold, Back, Recover, Pivot $\frac{3}{4}$ Turn R, Hold**

1,2,3,4 Step side on R(1), Hold(2), Back rock on L(3), Recover on R(4)
5,6,7,8 Step forward on L(5), Pivot $\frac{1}{2}$ turn R step forward on R(6), $\frac{1}{4}$ turn R step side on L(7), Hold(8)

[9~16] Cross Samba, Cross, Side, $\frac{1}{4}$ Turn L, Fwd Pivot $\frac{1}{2}$ Turn L

1,2,3 Cross R over L(1), Step side on L(2), Recover on R(3)
4,5,6 Cross L over R(4), Step side on R(5), $\frac{1}{4}$ turn L Recover on L(6)
7,8 Step forward on R(7), Pivot $\frac{1}{2}$ turn L step forward on L(8)

Enjoy !!
