

Wom Bom Bom

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Paul McAdam (UK) & Craig Bennett (UK) - September 2012
音樂: Bom Bom (Radio Edit) - Sam and the Womp



Start after 16 counts – Around 12 seconds into the track

[1-8] Switches, Kick ball touch, hip bumps

1&2 Touch right toe to right side, switch and touch left toe to left side
&3&4 Step left next to right, kick right foot forward, step down on right, touch left toe forward
5,6 Bump left hip forward, bump right hip back
7&8 bump hips left, right, left.

[9-16] Rock, sweep, behind side cross, side rock, behind 1/4 turn

1,2 Rock right foot forward, recover weight onto left while sweeping right foot back
3&4 Cross right foot behind left, step left to left side, cross right over left
5,6 Rock left foot to left side, recover weight onto right
7&8 Cross left behind right, make a 1/4 turn right and step forward on right, step forward on left

[17-24] Extended lock step, cross rock steps x2

1&2 Step right foot forward, lock left behind right, step right forward
&3&4 Lock left behind right, step right forward, lock left behind right, step Right forward
5&6 Cross left foot over right, rock right to right side, recover weight onto left
7&8 Cross right over left, rock left to left side, recover weight onto right

[25-32] Step 1/2 turn jump, roll, clap, 2x walks shuffle

1,2 Step forward on left, pivot 1/2 turn right
3,4 Jump both feet forward bending knees and body roll up, clap hands (weight ends on right)
5,6 Walk left, right
7&8 Left shuffle

[33-40] Side cross, side-cross-side, cross side, cross shuffle (in a circle)

1,2 Make a 1/4 turn left and step right foot to right side, cross left over right
3&4 Make a 1/4 turn left and step right foot to right side, cross left over right, step right foot to right side
5,6 Make a 1/4 turn left and cross left foot over right, step right foot to right side
7&8 Left cross shuffle

[41-48] Full turn walking side cross, back rock step forward

1,2 Make a 1/4 turn left and step right foot to right side, cross left over right
3,4 Make a 1/4 turn left and step right foot to right side, cross left over right
5,6 Make a 1/2 turn left and step back on right foot, rock back on left foot
7,8 Recover weight onto right, step forward left

[49-56] Side rock, behind-side-cross, Rock forward, coaster step

1,2 Rock right foot to right side, recover weight on left
3&4 Right behind-side-cross
5,6 Rock forward left, recover right
7&8 Left coaster step

(*Restart on wall 3)

[57-64] Switch & switch body pumps x 2

1&2 Touch right toe forward, switch and touch left toe forward

- 3&4 Arch back as you sit into right hip, push pelvis up, take weight onto left foot as you pump chest forward
- 5&6 Pivot a 1/2 turn right and touch right toe forward, switch and touch left toe forward
- 7&8 Arch back as you sit into right hip, Push pelvis up, take weight onto left Foot as you pump chest forward

***Restart on wall 3 after count 56**
