

Bomshell

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Colleen Archer (AUS) - May 2013
音樂: Bomshel Stomp - Bomshel : (Single - iTunes)



“For...Strike Me Lucky Dancers”

Intro: 8 counts after 4 heavy beats - SP. Weight on L - PHRASED A - 48...B - 32... counts
Track time: 3.37 mins, BPM: 136

(A) - 48 counts

FWD, SCUFF & CLAP, REPEAT 3 TIMES, MAMBO, MAMBO

- 1 & 2 & Step R forward, Clap, Step L forward, Clap
- 3 & 4 & Step R forward, Clap, Step L forward, Clap
- 5 & 6 Rock step R forward, Recover L, Step R back (R jazz hand to R)
- 7 & 8 Rock step L back, Recover R, Step L forward (L jazz hand to L) (12)

½ PIVOT, DOROTHY, DOROTHY, ½ PIVOT

- 1, 2 Step R forward, Turn ½ left taking weight onto L
- 3, 4 & Step R forward 45° right, Lock L behind R, Step R to right side
- 5, 6 & Step L forward 45° left, Lock R behind L, Step L to left side
- 7, 8 Step R forward, Turn ½ left taking weight L (12)

(16)

ROCK FWD REC, BACK HEEL, BACK HEEL, BACK HEEL X 2, FWD & HIPS X 3

- 1, 2 Rock step R forward, Recover L
- & 3 & 4 Step R back, Touch L heel forward, Step L back, Touch R heel forward
- & 5 & 6 Step R back, Touch L heel forward, Hitch L knee, Touch L heel forward
- 7 & 8 Take weight weight on L and bump hips L R L (12)

(1st A only, Raise & lower R arm twice: 3rd A only, fan face with R hand)

ROCK BACK REC, SCUFF HOP FWD, REPEAT & STEP SIDE

- 1, 2 Rock step R back, Recover L
- 3 & 4 Scuff R forward, Hop on L, Step R forward (take weight on balls of both feet)
- 5, 6 Rock step L back, Recover R
- 7 & 8 Scuff L forward, Hop on R, Step L to side of R (feet slightly apart) (12)

(32)

APPLEJACKS OR R, L, R, L SWIVETS, R VAUDEVILLE, L VAUDEVILLE

- 1 & Twist both heels to centre, Weight is on R ball and L heel (R toe R, L toe L)
- 2 & Twist and straighten changing weight to R heel and L ball
- 3 & Twist both heel to centre, Weight is on L ball and R heel (L toe L, R toe R)
- 4 & Twist and straighten changing weight to R ball and L heel (weight ends on L)
- 5 & 6 & Step R across L, Step L to left side, Touch R heel forward, Step R back
- 7 & 8 & Step L across R, Step R to right side, Touch L heel forward, Step L back

OR

- 1 Twist both toes to right, Weight is on R heel and L ball
- 2 Twist to centre keeping weight same as above
- 3 Twist both toes to left, Weight is on L heel and R ball
- 4 Twist to centre changing weight to L ball and R
- 5 – 8 As above (12)

(40&)

ROCK FWD REC, ½ TURN SHUFFLE, SHUFFLE FWD, OUT OUT, HOLD & CLICK

- 1, 2 Rock step R forward, Recover L
3 & 4 Turn ½ right & step R forward, Step L beside R, Step R forward
5 & 6 Step L forward, Step R beside L, Step L forward ## (½ pivot, add finish)
& 7, 8 Step R to right side, Step L to left side, Hold and click fingers (6)

(48) Begin again....

(B) - 32 counts

STOMP HOLD, STOMP HOLD, KICK HITCH KICK, COASTER

- 1 – 4 Stomp R to right, Hold, Stomp L to left, Hold (alt hands reach up & pull down twice)
5 & 6 Kick/pump R heel forward, Hitch R knee, Kick/pump R heel forward
7 & 8 Step R back, Step L beside R, Step R forward (12)

ROCK SIDE REC, ACROSS SIDE HEEL, BACK ACROSS SIDE, HITCH & SLAP TWICE, ROCK BACK REC, SCUFF

- 1 & 2 & Step L to left side, Recover R, Step L across R, Step R to right side
3 & 4 & Touch L heel 45° left, Step L back, Step R across L, Step L to left side & hitch R knee
5, 6 (14) Slap R knee with R hand (out), Slap R knee (in)
7 & 8 Rock step R back, Recover L, Scuff R forward (12)

STOMP STOMP, KICK BALL CHANGE, KICK FWD SIDE, SAILOR

- 1 & 2 Stomp R beside L, Hitch R knee, Stomp R beside L (weight stays on L)
3 & 4 Kick R forward, Rock step R back, Step L in place
5, 6 Kick R forward, Kick R to right side
7 & 8 Step R behind L, Step L to left side, Recover R (12)

STOMP STOMP, KICK BALL CHANGE, KICK FWD SIDE, SAILOR

- 1 & 2 Stomp L beside R, Hitch L knee, Stomp L beside R (weight stays on R)
3 & 4 Kick L forward, Rock step L back, Step R in place
5, 6 Kick L forward, Kick L to left side
7 & 8 Step L behind R, Step R to right side, Recover L (12)

(32)

SEQUENCES: START DANCE 8 COUNTS AFTER 4 HEAVY BEATS

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(B) 32 (A) 48 (A) 32 (B) 32 (A) 48 (A) 32 (B) 32 (A) 48 (A) 48 (A) 46 + ½ pivot (B) 16

Dance first 46 counts of "A", Step R forward, Turn ½ left taking weight onto L (now facing 12 o'clock)

FINISH: Dance first 14 counts of (B), Stomp R twice beside L

NOTE: This dance was choreographed for a demonstration by Lucky Strike Line Dancers.

Dance may be copied and distributed provided original steps remain unchanged.

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