

# Skate, Bump & Rock

拍數: 32      牆數: 2      級數: High Beginner  
編舞者: Bertha Arseneau (CAN) - June 2013  
音樂: Rabiosa (feat. Pitbull) - Shakira



Intro: 16 count)

Ice Ice Baby by Glee Cast (No tags or restarts) Intro: 32 count

## (Sec.1) Skate, Right, Left, Right, Left, Shuffle slightly fwd Right and Left (1-8)

1-2            Skate RF to R diagonally fwd (1), skate LF to L diagonally (2)  
3-4            Skate RF to R diagonally fwd (3), skate LF to L diagonally (4)  
5&6           Step RF fwd diagonally R (5), step LF next to RF (&), step RF fwd diagonally R (6),  
7&8           Step LF fwd diagonally R (5), step RF next to LF (&), step LF fwd diagonally R (6) (12:00)

## (Sec.2) Kick Fwd, to ¼ turn R Kick Fwd, Coaster Step, Step Pivot ½ Turn, Fwd Shuffle (9-16)

1-2            Kick RF fwd (1), to ¼ R kick RF fwd (2) (3:00)  
3&4           Step back RF (3), step LF back next to RF (&), step RF fwd (4)  
5-6           Step LF fwd (5), step RF to ½ turn R (6) (9:00)  
7&8           Step LF fwd (7), step RF next to LF (&), step LF fwd (8)

## (Sec.3) Walk Fwd on RF, LF, Fwd Mambo, Walk back LF, RF, Back Mambo (17-24)

1-2            Walk RF fwd (1), walk LF fwd (2),  
3&4           Step RF fwd (3), step LF in place (&), step RF next to LF (4),  
5-6           Walk LF back (5), walk RF back (6)),  
7&8           Step LF back (7), step RF in place (&), step LF next to RF (8)

## SSec.4) Scuff and Shuffle steps, R. L. R. L. to 1/2 turn Left (25-32)

&1&2           Scuff RF fwd (&), shuffle ⅛ turn left (R,L,R) (1&2)  
&3&4           Scuff LF fwd (&), shuffle ⅛ turn left (L,R,L) (3&4)  
&5&6           Scuff RF fwd (&), shuffle ⅛ turn left (R,L,R) (5&6)  
&7&8           Scuff LF fwd (&), shuffle ⅛ turn left (L,R,L) (7&8) (3:00)

Options for section 4:

You can do Body Rolls.

Keeping weight on LF, touch RF to R while doing ⅛ turn L (1), roll body (2)

Repeat for count 3 to 8 to bring you ½ turn L.

Or do push turns:

Keeping weight on LF, touch RF to R while doing ⅛ turn L (1), hitch R knee (2)

Repeat for count 3 to 8 to bring you ½ turn L

Start Over, Enjoy!!

\*\*Two Restarts for the song Rabiosa:

\*1st restart: On wall 4 facing 9 o'clock, dance section 1 & 2 and restart facing 6:00

\*2nd restart: On wall 10 facing 9 o'clock, dance count 1 to 4 of section 1 and restart the dance.

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