

Bimbo Limbo (賓寶林波) (zh)

COPPER KNOB
STEPPERS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Nina Chen (TW) - 2014年04月
音樂: Bimbo Limbo (Scarpellini) (Antonella Noceto)



Sequence: AAABB ABBBBB ABBB A

24count intro (start to clap after 8 counts, and start to dance after another 16 counts)

Section A (16 counts)

A1. WALK FORWARD POINT. WALK BACKWARD POINT.

1-2-3-4 Walk forward triple (RLR). Point LF forward.
5-6-7-8 Walk backward triple (LRL). Point RF backward next to LF.
1-2-3-4 前進走三步(右左右). 左足前點.
5-6-7-8 後退走三步(左右左). 右足退於左足側點.

Optional hand movements: Please refer to the demonstration video. 自由選取手部動作: 請參考示範視頻.

A2. Hip Bumps x4.

1&2, 3&4 Bump hips RLR. Bump hips LRL.
5&6, 7&8 Bump hips RLR. Bump hips LRL.
1&2, 3&4 推臀右左右. 推臀左右左.
5&6, 7&8 推臀右左右. 推臀左右左.

Optional hand movements: Please refer to the demonstration video. 自由選取手部動作: 請參考示範視頻.

Section B (32 counts)

B1. SIDE TOGETHER CHASSE. CROSS STEP. RECOVER. TURN. SHUFFLE.

1-2, 3&4 Step RF to R, Step LF beside RF, Chasse R (RLR).
5-6, 7&8 Cross step LF over RF. Recover onto RF. Turn 1/4 L (9:00). Shuffle forward (LRL).
1-2, 3&4 右足右踏, 左足併踏, 右足右踏. 左足併踏. 右足右踏.
5-6, 7&8 左足前交 重心回右足. 向左轉 1/4 (9:00) 前進交換步(左右左).

B2. Step POINT x2. TURN. FORWARD.

1-4 Step RF to R. Point LF beside RF. Step LF to L. Point RF beside LF.
5-8 Full turn R (9:00) in triple steps (RLR). Step L forward.
1-4 右足右踏. 左足在右足旁點. 左足左踏. 右足在左足旁點.
5-8 小三步(右左右)向右轉一整圈 (9:00). 左足前踏.

B3. CROSS MAMBO X4. TURN.

1&2 Cross step RF over L. Recover on LF. Step RF to R.
3&4 Cross step LF over R. Recover on RF. Step LF to L.
5&6 Cross step RF backward. Recover onto LF. Step RF to R.
7&8 Cross step LF backward. Recover onto RF. Turn 1/4 L (6:00). Step LF forward.
1&2 右足前交叉步. 重心回左足. 右足右踏.
3&4 左足前交叉步. 重心回右足. 左足左踏.
5&6 右足後交叉步. 重心回左足. 右足右踏.
7&8 左足後交叉步. 重心回右足. 向左轉1/4 (6:00). 左足前踏.

B4. ROCKING CHAIR. Sway x 4.

1-2-3-4 Rock RF forward. Recover onto LF. Rock RF backward. Recover onto LF.
5-6-7-8 Sway R. Sway L. Sway R. Sway L.
1-2-3-4 右足前進下沉步. 重心回左足. 右足後退下沉步. 重心回左足.
5-6-7-8 右擺臀. 左擺臀. 右擺臀. 左擺臀.

Have Fun & Happy Dancing!

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