

# Bidi Bidi Bom Bom

拍數: 32      牆數: 1      級數: Absolute Beginner  
編舞者: Marie H. Sacarello - December 2013  
音樂: Bidi Bidi Bom Bom by DJ Fabian Mix



Count in: 24counts from start of track.

Note: It has been choreographed to use alternative starting foot in order to reduce stress on muscles & joints.

## Section 1 (1-8) Side rock, recover, close, step x2, side rock, recover, close, stepx2

1-2            Rock/ step left to left side, recover weight onto right  
3&4            Step left next to right, Step right in place, Step left in place  
(Styling: Bump or sway hips to left, right, left on these counts)  
5-6            Rock/step right to right side, recover weight onto left  
7&8            Step right next to left, Step left in place, Step right in place  
(Styling : Bump or sway hips to right, left, right on these counts)

## Section 2 (9-16) Rocking chair, Step L, ¼ Pivot R, close, touch

1-2            Rock/step left forward, Recover weight onto right  
3-4            Rock/ step back on left, Recover weight onto right  
5-6            Step left forward, Make ¼ turn right transferring weight onto right  
7-8            Step left next to right, touch right toes next to left

## Section 3 (17-24) Same sequence as section 1 but start off with right foot

1-2            Rock/step right to right side, recover weight onto left  
3&4            Step right next to left, Step left in place, Step right in place  
(Styling: Bump or sway hips to RLR on these counts)  
5-6            Rock/step left to left side, recover weight onto right  
7&8            Step left next to right, Step right in place, Step left in place  
(Styling : Bump or sway hips to LRL on these counts)

## Section 4 (25-32) Same sequence as section 2 but start off with right foot

1-2            Rock/step right forward, Recover weight onto left  
3-4            Rock/ step back on right, Recover weight onto left  
5-6            Step right forward, Make ¼ turn left transferring weight onto left  
7-8            Step right next to left, touch left toes next to right

Note: Ending on 11th wall, Section 2, stay facing on the front wall without ¼ R:-  
Rocking chair, Walk LRL, hold

1-2            Rock/step left forward, Recover weight onto right  
3-4            Rock/ step back on left, Recover weight onto right  
5-6            Step forward on left, Step forward on right  
7-8            Step forward on left, Hold and pause

Have fun and stay healthy!

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