

# Bomb Drop

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Kayla Cosgrove (USA)

Musik: You Dropped the Bomb On Me - The Gap Band



## RIGHT KNEE IN, OUT, IN, OUT, IN, AND LEFT AND RIGHT AND LEFT

Weight starts on left foot

- 1-2-3-4-5 Bend right knee in, out, in, out, in
- &6 Switch weight to right foot, bend left knee in
- &7 Switch weight to left foot, bend right knee in
- &8 Switch weight to right foot, bend left knee in

Weight should be on your right foot

## BUMP & BUMP, BUMP & BUMP, STEP QUARTER, AND CROSS SIDE ROCK

- 1&2 Bump left hip to left angled upward twice, transferring weight to the left foot
- 3&4 Bump right hip angled backward twice, transferring weight to the right foot
- 5-6 Step forward on left, make ¼ turn to the right (weight should be on the right foot)
- &7-8 Cross left foot over right, step right foot out to right side, recover weight back to left foot

## SAILOR STEP, SAILOR STEP, TOUCH TURN, KICK BALL CHANGE

- 1&2 Step right foot behind left, side step left to the left, step right next to left
- 3&4 Step left foot behind right, side step right to the right, step left next to right
- 5-6 Touch right toe back, turn a half turn over right shoulder placing weight on right foot
- 7&8 Kick left foot forward, switch weight to left ball of foot, change weight to the right foot

## BUMP AND LIFT, BUMP AND LIFT, BUMP AND LIFT, PUSH UP

- 1&2 Step left foot out to left side while bumping hips left, bump hips right, bump hips left while lifting right leg up and slightly behind left leg
- 3&4 Step right foot out to right side while bumping hips right, bump hips left, bump hips right while lifting left leg up and slightly behind right leg
- 5&6 Step left foot out to left side while bumping hips left, bump hips right, bump hips left while lifting right leg up and slightly behind left leg
- 7-8 Step right foot out to right side while bending right knee, push up off right foot and place weight onto left foot

Optional: add shoulders for the bumps and lifts. Going to the left, the count would be

- 1 Left shoulder down, right shoulder up
- & Right shoulder down, left shoulder up
- 2 Left shoulder down, right shoulder up

Reverse that for 3&4, repeat it for 5&6

## SAILOR STEP, OUT AND OUT, HOLD, AND CROSS TURN

- 1&2 Step right foot behind left, side step left to the left, step right next to left
- 3&4 Point left toe out to left side, switch weight to left foot, point right toe out to right side
- 5-6 Hold
- &7-8 Step right foot down, cross left foot over right, unwind half turn over right shoulder

Weight stays on the left foot

## BUMP AND BUMP, HEEL JACKS

- 1&2 Bump hips, right, left, right
- 3&4 Place left heel out on left angle, step down on left foot, step right foot over left
- &5&6 Step back on left foot, place right heel forward, step right foot next to left, step left over right

**&7&8**                Step back on right foot, place left heel forward, step left foot next to right, step right foot over left

### **HIPS ROLLS**

**Legs should be crossed at this point, facing the 3:00 wall, rolls hips while turning a total of  $\frac{3}{4}$  turn over the left shoulder, to face back wall**

1-2                Rolls hips making a  $\frac{1}{4}$  turn (weight ends up on left, facing the front wall)  
3-4                Rolls hips making a  $\frac{1}{4}$  turn (weight ends up on left, facing 9:00 wall)  
5-6                Roll hips making a  $\frac{1}{4}$  turn (weight end up on left, facing the back wall)  
7-8                Roll hips in place (weight ends up on left foot)

### **SIDE SHUFFLE, ROCK STEP, SIDE SHUFFLE, ROCK STEP**

1&2                Side shuffle right, left, right  
3-4                Rock left foot back, recover weight to right foot  
5&6                Side shuffle left, right, left  
7-8                Rock right foot back, recover weight to left foot

### **REPEAT**

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