Boom Shak A Lak



拍数: 48 墙数: 4 级数: High Beginner

编舞者: Sally Hung (TW) - September 2015 音乐: Boom Shack-A-Lack - Apache Indian



Sequence Of Dance: Restart After Finished S2 Of Wall 7 (6:00)

Intro: 48 Counts

S1. BACK ROCK, RECOVER, FWD SHUFFLE, FWD ROCK, RECOVER, BACK, TOUCH (WITH R HIP BUMP)

1,2,3&4 Rock back on R, recover onto L, fwd shuffle on RLR

5,6,7,8 Rock fwd on L, recover onto R, step back on L, touch R a little fwd with R hip bump

S2. CROSS, SIDE, BEHIND, TOUCH (WITH HIP BUMP), CROSS, SIDE BEHIND, TOUCH (WITH HIP BUMP)

1,2,3,4 Cross step R over L, step L to L side, step R behind L, touch L fwd with hip bump to the L Cross step L over R, step R to R side, step L behind R, touch R fwd with hip bump to the R

S3. STEP, PIVOT ½ TURN L (FLICK R), FWD SHUFFLE, STEP PIVOT ½ TURN R (FLICK L), FWD SHUFFLE

1,2,3&4 Step fwd on R, pivot ½ turn L with R flick, fwd shuffle on RLR 5,6,7&8 Step fwd on L, pivot ½ turn R with L flick, fwd shufle on LRL

S4. TAP TAP, COASTER STEP, TAP TAP, COASTER STEP

1,2,3&4 Fwd tap on R (x2), step back on R, step L next to R, step fwd on R 5,6,7&8 Fwd tap on L (x2), step back on L, step R next to L, step fwd on L

S5. SIDE TOGETHER SIDE TOUCH, ¾ L ROLLING VINE, TOUCH

1,2,3,4 Step R to R side, step L beside R, step R to R side, touch L beside R

5,6,7,8 Make a ¾ L rolling vine on LRL, touch R to the R

S6. FWD(WITH HIP BUMP X2), HIP BUMPS X2, ROLL HIPS CLOCKWISE x2

1,2,3,4 Step fwd on R with hip bump to R twice, hip bump to L twice

5,6,7,8 Roll hips clockwise twice

Have fun!

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