Bumpy Ride (完美顛簸) (zh)

拍数: 64 **墙数:** 2 **级数:** Intermediate

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音乐: Bumpy Ride - Mohombi

前奏： Start after 16 count intro 16拍後起跳

第一段 **R Fwd Mambo, Walk Back 2, L Back Coaster, ¾ L Hitch Turn**
前曼波, 後走 後走, 海岸步, 轉3/4抬 點

1&2 Rock R forward, recover weight on L, step R back
右足前下沉, 左足回復, 右足後踏

3-4 Step L back, step R back 左足後踏, 右足後踏

5&6 Step L back, step R together, step L forward
左足後踏, 右足併踏, 左足前踏

&7 Hitch R turning ¼ left on L, touch R toes side (9 o'clock)
左轉90度右足抬, 右足趾右點(面向9點鐘)

&8 Hitch R turning ½ left on L, touch R toes side (3 o'clock)
左轉180度右足抬, 右足趾右點(面向3點鐘)

第二段 **R & L Fwd Samba, ¼ R Jazz Box, R Ball Cross 2X**
右森巴, 左森巴, 爵士方塊轉1/4, 右 交叉 二次

1&2 Cross step R over L, rock L side, recover weight on R
右足於左足前交叉踏, 左足左下沉, 右足回復

3&4 Cross step L over R, rock R side, recover weight on L
左足於右足前交叉踏, 右足右下沉, 左足回復

5-6 Cross step R over L, turning ¼ right step L back (6 o'clock)
右足於左足前交叉踏, 右轉90度左足後踏(面向6點鐘)

&7&8& Step R side, cross step L over R, step R side, cross step L over R, step R side
右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏, 右足右踏

第三段 **Weave 2, L Sailor, L Weave 2, R Sailor Kick**
交叉 右, 水手步, 交叉 左, 水手踢

1-2 Cross step L over R, step R side
左足於右足前交叉踏, 右足右踏

3&4 Cross step L behind R, step R side, step L side
左足於右足後交叉踏, 右足右踏, 左足左踏

5-6 Cross step R over L, step L side
右足於左足前交叉踏, 左足左踏

7&8 Cross step R behind L, step L side, kick R fwd on right diagonal
右足於左足後交叉踏, 左足左踏, 右足右斜角前踢

第四段 **R Ball Cross, ½ R Syncopated Monterey, R Side Touch, 'Bumpy Ride' Hips Fwd 後 交叉, 變奏蒙特瑞轉, 右點, 推臀**

&1-2 Step R back, cross step L over R, point R toes to side
右足後踏, 左足於右足前交叉踏, 右足趾右點

&3&4 Turning ½ right step L together, point L toes side, step L together, point R toes side (12 o'clock)
右轉180度左足併踏, 左足趾左點, 左足併踏, 右足趾右點(面向12點鐘)

5&6 Step R forward and bump hips forward, back, forward
右足前踏帶推臀-前, 後, 前

7&8 Step L forward and bump hips forward, back, forward
左足前踏帶推臀-前, 後, 前

第五段 **½ R Step Ball Step Arc Turn, L Fwd Mambo, R Coaster Cross**
右1/2弧形轉, 前曼波, 海岸交叉

1&2&3&4 Arc ½ right as you lead with R foot going: step, ball, step, ball, step, ball, step (6 o'clock)
以弧形右轉180度踏 併 踏 併 踏 併 踏 併

5&6 Rock L forward, recover weight on R, step L back
左足前下沉, 右足回復, 左足後踏

7&8 Step R back, step L together, cross step R over L
右足後踏, 左足併踏, 右足於左足前交叉踏

第六段 L Side Mambo Cross, ¾ L Turn, R Fwd, ¼ L Pivot Turn, L Side Mambo
左曼波交叉, 1/4 1/2, 踏 1/4 交叉, 左曼波

1&2 Rock L side, recover weight on R, cross step L over R
左足左下沉, 右足回復, 左足於右足前交叉踏

3-4 Turning ¼ left step R back, turning ½ right step L forward (9 o'clock)
左轉90度右足後踏, 右轉180度左足前踏(面向9點鐘)

5&6 Step R forward, pivot ¼ left, cross step R over L (6 o'clock)
右足前踏, 左軸轉90度, 右足於左足前交叉踏(面向6點鐘)

7&8 Rock L side, recover weight on R, step L together
左足左下沉, 右足回復, 左足併踏

RESTART: DURING wall 4 **dance up to count 48 (you will be facing front wall) and restart**
第四面牆跳至此, 面向前面牆, 從頭起跳

第七段 R Side Mambo Kick, L Side Mambo, R Fwd Diagonal Step Touch, L Back, R Kick, R Back Rock & Recover
右曼波踢併, 左曼波, 斜前踏 併點 後 踢, 後下沉 回復

1&2& Rock R side, recover weight on L, kick R forward, step R together
右足右下沉, 左足回復, 右足前踢, 右足併踏

3&4 Rock L side, recover weight on R, step L together
左足左下沉, 右足回復, 左足併踏

5&6& Step R forward on right diagonal, touch L together, step L back, kick R forward 右足右斜前踏, 左足併點, 左足後踏, 右足前踢

7-8 Rock R back, recover weight on L 右足後下沉, 左足回復

第八段 R Side Touch & Hip Bumps R/L/R, R Behind-Side-Cross, L Side Touch & Hip Bumps L/R/L, L Behind-Side-Forward
右點推臀, 後 旁 前, 左點推臀, 後 旁 前

1&2 Touch R toes to right side & bump hips R/L/R keeping weight on L 右足趾右點推臀-右, 左, 右(重心在左足)

3&4 Cross step R behind L, step L side, cross step R over L
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5&6 Touch L toes to left side & bump hips L/R/L keeping weight on R
左足趾左點重心在右足帶推臀-左, 右, 左

7&8 Cross step L behind R, step R side, step L FORWARD
左足於右足後交叉踏, 右足右踏, 左足前踏