

Boom Pow

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Boom Pow - Alexandra Stan : (Album: Alesta)



#32 count intro (2 Restarts occurring after count 16 on rotations 2 and 5)

[1-8] WALK, WALK, MAMBO STEP, OUT, OUT, CROSS, ½ UNWIND, STEP RIGHT w/ELBOW, STEP LEFT w/ELBOW

- 1-2 1) Step R forward; 2) Step L forward
3&4 3) Rock R forward; &) Recover to L; 4) Step R back
&5-6& &) Step L back/out to left; 5) Step R back/out to right; 6) Cross ball of L over R; &) Unwind ½ right shifting weight to L as you bring R foot behind L calf/bring R fist, palm side down, to center of chest with arm parallel to floor [6:00]
7&8 7) Step R to right pushing hips right/push R elbow to right; &) Bring L foot behind R calf/bring L fist, palm side down, to center of chest with arm parallel to floor (drop R arm); 8) Step L to left pushing hips left/push L elbow to left

Note: Arm movements are optional.

[9-16] BEHIND w/LIFT, BEHIND, SIDE, CROSS, SIDE, CROSS, CROSS, ¼ BACK, ¼ SIDE, CROSS, SIDE, BACK, TOGETHER

- 1-2&3 1) Step R behind L lifting L knee (drop L arm); 2) Step L behind R; &) Step R to right; 3) Step L across R
&4 &) Step R to right; 4) Step L across R
5&6& 5) Cross R over L; &) Turn ¼ right stepping L back; 6) Turn ¼ right stepping R to right; &) Step L across R
7&8 7) Step R to right angling body to face [11:00] diagonal; &) Step L back; 8) Step R beside L pushing hips back

Note: Steps 5 through 8 should be small and executed lightly on the balls of the feet.

RESTART here on rotation 2 squaring up to the original [3:00] wall and on rotation 5 squaring up to the original [9:00] wall.

You just stepped R beside L pushing hips back so weight is likely on both feet but be sure you are ready to step off with R to square up and Restart!!

[17-24] PUSH FWD, PUSH BACK, BOOGIE BACK L-R-L, BACK BALL ROCK, WALK, WALK, SIDE, TOGETHER, ¼ LEFT

- 1-2 1) Step ball of L fwd pushing hips fwd toward [11:00]; 2) Push hips back taking weight on R
3&4& 3) Small step back on ball of L pushing hips left; &) Small step back on ball of R pushing hips right; 4) Small step back on ball of L pushing hips left; &) Rock ball of R back
5-6 5) Step L forward; 6) Step R forward

Note: Counts 1 through 6 are all facing the [11:00] diagonal.

- 7&8 7) With both knees bent, square up to [12:00] stepping ball of L to left as you open knees; &) Keeping knees bent, step ball of R next to L closing knees; 8) Turn ¼ left stepping L forward [9:00]

[25-32] ½ LEFT C-BUMP, WALK, WALK, (next few steps create a fwd moving full circle) FWD CLOSE 3X, FWD

- 1&2 1) Turn ¼ left bumping hips up/right [6:00]; &) Touching R beside L bump hips center/left 2) Turn ¼ left bumping hips back/down ending in a sit position with weight on R [3:00]
3-4 3) Step L forward; 4) Step R forward
5-8 5&6&7&8) Immediately start turning gradually left/anti-clockwise as you move progressively forward to complete a full circle. 5) Step L forward; &) Close R; 6) Step L fwd; &) Close R; 7) Step L fwd; &) Close R; 8) Step L fwd [3:00]

Enjoy!

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