## Bidi Bidi Bom Bom



拍数: 32 墙数: 1 级数: Absolute Beginner

编舞者: Marie H. Sacarello - December 2013 音乐: 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, step x2

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 left7&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, 1/4 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 left3-4 Rock/ step back on right, Recover weight onto left

5-6 Step right forward, Make 1/4 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 right3-4 Rock/ step back on left, Recover weight onto right

5-6 Step forward on left, Step forward on right7-8 Step forward on left, Hold and pause

Have fun and stay healthy!

Contact: my7whiteroses@googlemail.com