Bomshel Stomp (活力蹦跳) (zh)

拍數: 48 **牆數:** 2 **級數:** Beginner

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音樂: Bomshel Stomp - Bomshel

前奏： On Vocals 唱歌起跳

第一段 **Heel Pumps, ¼ Turn Sailor, Rock, Recover, Coaster Step**
足踵推, 轉1/4水手步, 下沉, 回復, 海岸步

1&2 Extend R Heel Diagonally Forward (1), Hitch R (&), Extend R Heel Diagonally Forward (2) 右足踵斜角線前點, 右足抬, 右足踵斜角線前點

3&4 Cross R Behind L (3), Turn ¼ L, Stepping Forward On L (&), Step R Next To L (4) 右足於左足後交叉踏, 左轉90度左足前踏, 右足併踏

5-6 Rock L Forward (5), Recover Onto R (6) 左足前下沉, 右足回復

7&8 Step R Back (7), Step L Next To R (&), Step L Forward (8) (9:00)
右足後踏, 左足併踏, 左足前踏(9點鐘)

第二段 **"Wizard" Steps (Step R Diagonally Forward R, Lock L Behind R, Step R To R, Repeat To L)**
魔法步(右足斜角線前踏, 左足於右足後鎖步, 右足右踏, 左足同)

1-2& Step R Diagonally Forward R (9), Lock L Behind R (10), Step R To R (&)
右足斜角線前踏, 左足於右足後鎖踏, 右足右踏

3-4& Step L Diagonally Forward L (11), Lock R Behind L (12), Step L To L (&) 左足斜角線前踏, 右足於左足後鎖踏, 左足左踏

5-6& Step R Diagonally Forward R (13), Lock L Behind R (14), Step R To R (&)
右足斜角線前踏, 左足於右足後鎖踏, 右足右踏

7-8 Step L Forward (15), Touch R Next To L (16) (9:00)
左足前踏, 右足併點(9點鐘)

第三段 **Step R Back, Scoot R/ L Hitch, Repeat R/ L, Coaster Step, Squat, ¼ Turn To R, Pelvis Thrust While Palm Turned Outward Presses Down (Or Body Roll After 1st Wall) (Note: Listen To The Words…"Honk Your Horn!")**
右後踏, 右單腳踏左抬, 左足重覆, 海岸步, 蹲 轉1/4,

1& Step Back On R (17), Scoot R Slightly Back While Hitching L (&)
右足後踏, 右足單腳略後踏左足抬

2& Step Back On L (18), Scoot L Slightly Back While Hitching R (&)
左足後踏, 左足單腳略後踏右足抬

3&4 Step R Back (19), Step L Next To R (&), Step R Forward (20)
右足後踏, 左足併踏, 右足前踏

5-6 Wide Squat Step L To L, As Look To R (21), Turn ¼ R As Stand Up And Step R Next To L (22) 左足左略蹲向右看, 右轉90度站直右足併踏

(1st Wall: Honk Your Horn第一面牆跳到下面7&8時在唱Honk Your Horn時)

7 With R Palm Turned Outward, Press Down And Thrust Pelvis Forward (23)
右手掌轉向外, 屁股壓下

& With R Palm Turned Outward, Raise Toward Chest And Thrust Pelvis Back (&) 右手掌轉向外, 推向胸部推屁股

8 With R Palm Turned Outward, Press Down And Thrust Pelvis Forward (24) (Ending With Weight On L) (12:00)
右手掌向外, 屁股壓下(重心在左足)(面向12點鐘)

第四段 **"Wizard" Steps (See Counts 9-16) 同第二段**

1-2& Step R Diagonally Forward R (9), Lock L Behind R (10), Step R To R (&)
右足右前斜踏, 左足於右足後鎖踏, 右足右踏

3-4& Step L Diagonally Forward L (11), Lock R Behind L (12), Step L To L (&)
左足左前斜踏, 右足於左足後鎖踏, 左足左踏

5-6& Step R Diagonally Forward R (13), Lock L Behind R (14), Step R To R (&)
右足右前斜踏, 左足於右足後鎖踏, 右足右踏

7-8 Step L Forward (15), Touch R Next To L (16)
左足前踏, 右足併點

第五段 **“Bomshel Stomp”: Stomp R, Hold, Stomp L, Hold, Ccw Roll, Step, Step, Step 右重踏, 候, 左重踏, 候, 順時針轉臀, 踏, 踏, 踏**

1-2 Stomp R To R (33), Hold (34) 右足右重踏, 候

3-4 Stomp L To L (34), Hold (35) 左足左重踏, 候

5-6 Roll Hips Counter-Clockwise, Ending With Weight On L As Touch R Next To L (37,38) 順時針轉臀, 結束在左足右足併點

7&8 Small Steps Forward, R (39), L (&), R (40) (12:00)
略前踏-右, 左, 右(面向12點鐘)

第六段 **Step L, Pivot ½ R, Keeping Weight On L, Hip Bumps, Step R Forward, ½ Turn R, ½ Turn R**
左前踏, 右1/2, 重心在左, 推臀四次, 右前踏, 右1/2, 右1/2

1-2 Step L Forward (41), Pivot ½ R, Keeping Weight On L (42) (6:00)
左足前踏, 右轉180度重心在左足(6點鐘)

&3&4 Bump Hips To R (&), Bump Hips To L (43), Bump Hips To R (&), Bump Hips To L (44) 右推臀, 左推臀, 右推臀, 左推臀

(STYLING: Hold Up R Hand With Index Finger Pointed Up, Wave Hand R To L) 手勢:舉起右手食指前指, 手由右向左擺

5-6 Step R Forward (45), Pivot ½ R, Stepping Back On L (46)
右足前踏, 右轉180度左足後踏

7-8 Pivot ½ R, Stepping Forward On R (47), Step L Next To R (48) (6:00)
右轉180度右足前踏, 左足併踏(6點鐘)

Bonus Steps: After Dancing 2 Complete Walls, Repeat Steps 33-48
第二面牆結束後, 重覆第五段及第六段

After Wall 6, Dancers Scramble Around For 12 Counts During Siren, Ending Up Facing Back Wall, Hold 4 Counts To Get Ready To Start Again, (*Note: If You Do Not Want To Scramble, Repeat Steps 33-48)
第六面牆結束時, 當警報聲響起, 所有舞者自由發揮亂跑, 12拍後需面向後面牆, 停4拍準備從頭起跳(如果不知要怎麼亂跑, 就重覆第五段及第六段)

After Wall 8, Repeat Steps 33-48 To End Dance
第八面牆, 重覆第五段及第六段, 跳到結束