

拍數: 96 牆數: 0 級數: Advanced
編舞者: Glenn Ball (USA) & Emeline Rochefeuille (FR) - April 2021
音樂: BOOM - X Ambassadors



Count In: 1 8 intro, start on lyrics

Tag: On wall 3, start at count 5th 8. Plus, on the final 8, miss counts 3-6 (after the slide, take 3 the steps back 7&8). CONFUSING!

Tip: Please use this step sheet along with the YouTube dance through

[1st 8] Walk back L R, 3 Sailor Shuffles L R L.

1,2 Step LF back (1); Step RF Back (2)
3&4,5&6,7&8 Cross LF behind RF (3); Step RF next to LF (&); Step LF to side to complete triple step (4);
Repeat triple on LF (5&6); Repeat triple on RF (7&8)

[2nd 8] Walk Forward, Heel Toe Knee Out, Heel Toe Knee In, Heel Toe Knee Out

1,2 Step RF forward (1); Step LF next to RF (2)
3&4 Turn R heel out (3); Turn R toe out so toe is facing the right corner (&); Pop the R knee and
push weight on to the pressed right foot (4)
5&6 Place R heel down (5); Turn R toe in (&); Turn the R heel collecting feet (6)
7&8 Repeat 3&4 (7&8)

[3rd 8] Slide Foot In, Heel, Heel Toe, Toe X3

&1,2 Keep R foot pressed on ball of foot. Tap R hand on R knee (&); Drop R Heel to floor and slide
R foot in to LF (1,2)
3&4&,5&6&,7&8& Step R heel forward (3); Step L heel forward so you're balancing on both heels (&); Step
RF back underneath yourself (4); Step LF back underneath yourself (&); Repeat (5&6&);
Repeat (7&8&)

[4th 8] Slide L, Turn Heels Out, Glide Right Foot, Twist Toe Heel Toe Heel

1,2 Step LF big step to L (1); Slide RF in to meet LF (2).
3&4 Keeping balls of the feet on the floor. Turn R heel out to R side keeping hips facing front (3);
Repeat on L heel as R heel drops back to centre (&); Drop L heel back to centre (4)
5&6, Place RF forward flat, keeping weight back on LF (5); Glide RF backwards and passed LF as
L heel lifts up (&); Lift up RF to your L knee as L heel returns to floor to finish the gliding
motion (6)
7&8& Place RF down next to LF as you turn both toes to R (7); Turn both Heels to the R as you
start to work your direction to the R (&); Turn both Toes to the R as you continue travel R (8);
Finish the twists turning both your heels to the R (&)

[5th 8] Kick Ball Change, Mambo Side, Heel Toes Pop, Body Roll

1&2 Kick LF to L diagonal (1); Place LF down (&); Cross LF over RF (2)
3&4 Step LF to side (3); Step RF in place (&); Step LF back into center next to RF (4);
5&6& Twist both toes out (5); Twist both heels out as your legs separate (&); Twist both toes out
ending with legs wide (6); Pop both knees lifting up heels (&)
7,8 Drop heels down starting a body roll up (Hips, chest then shoulders) (7,8)

[6th 8] Elvis Legs Left, Elvis Legs Right, Heel Toe Swivels In

1&2 Turn L knee in as you lift L heel (1); Turn L knee out keeping L heel up (keeping chest facing
forwards) (&); Turn chest to face the same way as your knee and move chest weight over
knee (2)
3&4 Turn L knee in keeping L heel lifted (3); Turn R knee to middle to meet L knee (&); Turn R
knee out keeping R heel up while turning chest to face the same way as your knee and move
chest weight over knee (4)

5&6&7&8 Step R heel in (5) Turn the R toe in passed the R heel (&) Turn the R heel in passed the R toe (6) Repeat heel, toe, heel, toe (&7&8) Start to walk RF across in front of your LF.

[7th 8] Glide To Right, Behind Side Front, Shag Kick, Ball Change, Heels Toe.

1,2 Cross RF across L (1): Step LF to the side (2) (Glide off of the R foot for a challenge)
3&4 Step RF behind LF (3); Step LF to the side (&): Step RF in front LF (4)
5&6 Face L diagonal and scuff LF (5) Face R diagonal and kick L foot back straight (keeping knee straight) (&); Lock LF behind RF and pop R knee (6)
&7&8 Step RF next to your LF (&); Cross LF over RF (7); Place feet together and twist heels to the R side (&); Twist both toes to the R (8)

[8th 8] Repeat to R. Glide To Right, Behind Side Front, Shag Kick, Ball Change, Heels Toe.

1,2 Cross LF across R (1): Step RF to the side (2) (Glide off of the L foot for a challenge)
3&4 Step LF behind RF (3); Step RF to the side (&): Step LF in front RF (4)
5&6 Face R diagonal and scuff RF (5) Face L diagonal and kick R foot back straight (keeping knee straight) (&); Lock RF behind LF and pop L knee (6)
&7&8 Step LF next to your RF (&); Cross RF over LF (7); Place feet together and twist heels to the L side (&); Twist both toes to the L (8)

[9th 8] Slide To Right, Hop Scotch, Kick Ball change, Half Turn X2

1,2 Step big step to R and Slide the LF in slowly (1,2)
3&4 Hop on to LF and kick RF forward and slightly across the LF (&) Jump feet apart landing with knees bent with feet facing slightly to L diagonal (3); Body-roll up starting with the knees and ending with your weight on your L (4)
5&6 Kick the RF forward (5) Place the RF down (&); Step LF forward (6)
7&8 Turn a half turn to face the back over R shoulder placing weight onto the L leg (7); Tap RF to back (8); Turn half turn over R shoulder finishes the turn with weight on R (&)

[10th 8] Repeat on R. Slide To Left, Hop Scotch, Kick Ball change, Half Turn X2

1,2 Step big step to L and Slide the RF in slowly (1,2)
3&4 Hop on to RF and kick LF forward and slightly across the RF (&) Jump feet apart landing with knees bent with feet facing slightly to R diagonal (3); Body-roll up starting with the knees and ending with your weight on your R (4)
5&6 Kick the LF forward (5); Place the LF down (&); Step RF forward (6)
7&8 Turn a half turn to face the back over L shoulder placing weight onto the R leg (7); Tap LF to back (8); Turn half turn over L shoulder finishes the turn with weight on L (&)

[11th 8] Chugs forward, Rock Right, Rock Left, Side Together Side

1,2,3,4 Open feet to shoulder width and shunt small chugs forward (1,2,3,4)
5&6 Rock to the R side stepping RF out (5); Rock back on LF in place (6)
7&8 Step RF to R side (7); Close LF to RF (&); Step RF to R side (8)

[12th 8] Slide L, Knee Pops, Stomps Forward, Fish Tails

1,2 Step big step with LF to side (1); Close RF to LF turning to R diagonal (2)
&3,4 Lift both heels popping knees forward (&); Reset heels down (3); Hold (4)
5&6 Stomp RF forward placing weight on to it (5); Cheating RF forward while keeping weight forward (6); Cheat RF a bit further again (7)
7&8 Step RF Back (7); Step LF back (8); Step RF Back (&) (for a challenge fish tail these steps)

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