Doop Doop Bump Bump



拍數: 32

牆數:2

級數: Intermediate

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音樂: Go Down Deh (feat. Sean Paul & Shaggy) - Spice



**2 Restarts - 1 Tag

#16 Counts Intro

[1-8] BALL STEP, RECOVER, COASTER STEP, ¼ TURN BALL CROSS, SIDE STEP, SAILOR HEEL

- &1 2 R ball forward, L rocks forward, recover back on R
- 3&4 L steps back, R steps besides L, L steps forward
- &5.6 1/4 turn left with R ball slightly back, L cross step over R, R side step (9:00)
- 7&8 L cross step behind R, R side step, L heel touch forward diagonal

[9-16] BALL CROSS, ¼ TURN STEP BACK, ½ TURN SHUFFLE, HOP TOGETHER, HOP OUT, HIP JIVE X3

- &1 2 L ball slightly back, R cross step over, ¼ turn right with L step back (12:00)
- 3&4 ¹/₄ turn right with R side step, L steps besides R, ¹/₄ turn right with R step forward (6:00)
- &5 6 Hop both feet in, hop both feet out, bend right knee as you dip right hip down
- &7&8 Bend left knee as you dip left hip down while straightening right knee and lifting right hip up, straighten left knee as you lift left hip up while you bend right knee as you dip right hip down, bend left knee as you dip left hip down while straightening right knee and lifting right hip up, straighten left knee as you lift left hip up while you bend right knee as you dip right hip down

Restart on wall 3, 7 (6:00)

[17-24] CROSS FLICK, SIDE STEP SQUAT WITH HAND MOVEMENT, RECOVER, SAILOR ½ TURN, CROSS FLICK, SIDE STEP SQUAT WITH HAND MOVEMENT, RECOVER, BEHIND SIDE CROSS

- &1 2 Straighten your right knee while weight shifting onto R as you cross flick L behind R, L side step squatting down with both hands to the side with palms facing down, recover back onto R
- 3&4 ¹/₄ turn left with L cross step behind R, ¹/₄ turn left with R stepping besides L, L steps forward
- &5 6 Cross flick R behind L, R side step squatting down with both hands to the side with palms facing down, recover back onto L
- 7&8 R cross steps behind L, L side step, R cross step over L

[25-32] BALL CROSS, $^{1\!\!2}$ TURN UNWIND, CROSS OVER, STEP BACK, SIDE STEP, CROSS OVER, SIDE STEP WITH DRAG, SIDE ROCK RECOVER, KICK

- $\& 1\ 2 \qquad \qquad L\ side\ step,\ R\ cross\ step\ behind\ L,\ \frac{1}{2}\ turn\ unwind\ weight\ shifting\ from\ L\ to\ R$
- 3&4 L cross step over R, R steps back, L side step
- &5.6 R cross step over L, L big side step as you drag R to L, R toe touch besides L
- 7&8 R side rock, recover back on L, R kicks forward

Tag: Wall 5 facing 6:00 after 16 counts, restart after tag.

1/2 PIVOT TURN, 1/2 PIVOT TURN

- 1 2 Step R forward, weight shift onto L while ½ turn left (12:00)
- 3 4 Step R forward, weight shift onto L while ½ turn left (6:00)

Last Update: 16 Jun 2025