

Bom Chi Bom

COPPER KNOB
STEPPERS

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Stella Cabeza (USA)
音樂: Xibom Bombom - As Meninas



Sequence: ABC, ACD, ABC, ACC

Optional: perform Section "C" during introduction after 8 counts of four trumpet blasts. Start on 1st "Bom".

Otherwise, count additional 32 to start dance below:

SECTION A

ROCK, RECOVER, TRIPLE STEP; ROCK, RECOVER, TRIPLE STEP

1-2 Rock forward on right, recover on left
3&4 Triple step in place: right, left, right
5-6 Rock back on left; recover on right
7&8 Triple in place: left, right, left

ROCK, RECOVER, TRIPLE STEP; ROCK, RECOVER, TRIPLE STEP

1-2 Rock forward on right, recover on left
3&4 Triple step in place: right, left, right
5-6 Rock back on left; recover on right
7&8 Triple in place: left, right, left

ROCK RIGHT; TRIPLE STEP; ROCK LEFT; TRIPLE STEP

1-2 Rock side right, recover on left
3&4 Triple step in place right, left, right
5-6 Rock side left; recover on right
7&8 Triple step in place: left, right, left

ROCK RIGHT; TRIPLE STEP; ROCK LEFT; TRIPLE STEP

1-2 Rock side right, recover on left
3&4 Triple step in place right, left, right
5-6 Rock side left; recover on right
7&8 Triple step in place: left, right, left

CROSS-ROCK RIGHT; RECOVER; SHUFFLE RIGHT; CROSS-ROCK LEFT; RECOVER; SHUFFLE LEFT

1-2 Cross rock right over left, recover on left
3&4 Shuffle to right: right, left, right
5-6 Cross rock left over right; recover on right
7&8 Shuffle to left: left, right, left

FOUR ¼ PADDLE TURNS LEFT

1-2 Step right forward; turn ¼ left on left sole
3-8 Repeat step 1-2 three times to complete full turn full left turn ending with weight drop on right lifting left heel at the same time

CROSS-ROCK LEFT; RECOVER; SHUFFLE LEFT; CROSS-ROCK RIGHT; RECOVER; SHUFFLE RIGHT

1-2 Cross rock left over right, recover on right
3&4 Shuffle to left: left, right, left
5-6 Cross rock right over left; recover on left
7&8 Shuffle to right: right, left, right

FOUR ¼ PADDLE TURNS LEFT

- 1-2 Step left forward; turn ¼ right on right sole
- 3-8 Repeat step 1-2 three times to complete full turn full left turn ending with weight drop on left lifting right heel at the same time

SECTION B

WALK FORWARD LEFT, RIGHT; SHUFFLE FORWARD; WALK FORWARD RIGHT, LEFT; SHUFFLE FORWARD

- 1-2 Walk forward right, left
- 3&4 Shuffle forward: right, left, right
- 5-6 Walk forward: left, right
- 7&8 Shuffle forward: left, right, left

STEP, TURN, SHUFFLE; WALK RIGHT, LEFT, SHUFFLE

- 1-2 Step forward on right; pivot ½ turn left shifting weight onto left
- 3&4 Shuffle forward: right, left, right
- 5&6 Walk forward: left, right
- 7&8 Shuffle forward: left, right, left

SECTION C

"Bom chi bom chi bom, bom, bom!"

FACE RIGHT, LEFT, RIGHT; STEP, TOGETHER, STEP, TOGETHER; 3 CLAPS, HOLD

With right hand on right hip

- 1&2 Head: face right, face left, face right
- &3&4 Step side right, left together, step side right, left together
- 5-7 Head face forward with a clap, clap, clap
- 8 Hold

FACE LEFT, RIGHT, LEFT; STEP, TOGETHER, STEP, TOGETHER; 3 CLAPS, HOLD

With left hand on left hip

- 1&2 Head: face left, face right, face left
- &3&4 Step side left, right together, step side left, right together
- 5-7 Head face forward with a clap, clap, clap
- 8 Hold

AGAIN

- 1-16 Repeat counts 1-16 of Section C

SECTION D

TOE, HEEL; TOE, HEEL; FORWARD RIGHT, LEFT, RIGHT; HOLD

- 1-2 Step right toe forward, drop right heel with finger snaps
- 3-4 Step left toe forward, drop left heel with finger snaps
- 5-7 Small steps forward: right, left, right
- 8 Hold with finger snaps

TOE, HEEL; TOE, HEEL; FORWARD RIGHT, LEFT, RIGHT; HOLD

- 1-2 Step left toe forward. Drop left heel with finger snaps
- 3-4 Step right toe forward. Drop right heel with finger snaps
- 5-7 Small steps forward: left, right, left
- 8 Hold with finger snaps

REVERSE RIGHT BOX STEPS: SIDE, TOGETHER, BACK, HOLD; SIDE, TOGETHER, FORWARD, HOLD

- 1-4 Step right to side right, step left together, step right back, hold
- 5-8 Step left to side left, step right together, step left forward, hold

TOE/HEEL JAZZ BOX TURNING ½ RIGHT: TOE, HEEL, TOE, HEEL; TOE, HEEL, TOE, HEEL

- 1-4 Step/cross right toe in front of left, drop right heel, turning 1/8 right step left toe slightly back; drop left heel
- 5-8 Turning ¼ right step right toe slightly forward, drop right heel, turning 1/8 right step left toe slightly forward, drop left heel (now facing opposite wall)

REVERSE RIGHT BOX STEPS: SIDE, TOGETHER, BACK, HOLD; SIDE, TOGETHER, FORWARD, HOLD

- 1-4 Step right to side right, step left together, step right back, hold
- 5-8 Step left to side left, step right together, step left forward, hold

TOE/HEEL JAZZ BOX TURNING ½ RIGHT: TOE, HEEL, TOE, HEEL; TOE, HEEL, TOE, HEEL

- 1-4 Step/cross right toe in front of left, drop right heel, turning 1/8 right step left toe slightly back; drop left heel
- 5-8 Turning ¼ right step right toe slightly forward, drop right heel, turning 1/8 right step left toe slightly forward, drop left heel (now facing opposite wall)

SWAY RIGHT, LEFT, RIGHT, LEFT

- 1 Sway side right with hip leading while shifting upper body to right
- 2 Sway side left with hip leading while shifting upper body to left
- 3 Sway side right with hip leading while shifting upper body to right
- 4 Sway side left with hip leading while shifting upper body to left
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