Ba Da Boom

拍數: 40   牆數: 4   級數: Improver

編舞者: Brenda Rowsell (CAN)

音樂: Last Night (feat. DJ Robbie) - Chris Anderson

HIP, TOE, HEEL, ROLLING VINE TO THE RIGHT, TOUCH

1-2   Leading with the right hip, step on right toe to the right, drop heel

These 1-2 counts are done on the first wall only. See note below to continue dance on the other walls

3-4   Leading with the left hip, step on left toe to the left side, drop heel

5-8   Complete rotation to the right: step right ¼ turn to the right, step on the left foot ¼ turn to the right, pivot ½ turn to the right on the left foot weight ending on the right foot, touch the left toe beside the right foot

HIP, TOE, HEEL, ROLLING VINE TO THE LEFT

1-2   Leading with the left hip: step on left toe to the left side, drop heel

3-4   Leading with the right hip: step on right toe to the right side, drop heel

5-8   Complete rotation to the left: step left ¼ turn to the left, step the right ¼ turn to the left, pivot ½ turn to the left on the right foot weight ending on the left foot, touch the right toe beside the left foot

TOE, HEEL FORWARD, ROCK STEP, SAILOR STEP

1-4   Step forward on the right toe, drop heel, step forward on left toe, drop heel

5-6   Rock to the right side on the right foot, recover on the left foot

7&8   Right sailor step - step right behind left, step left to side, step right to the right

TOE, HEEL, ROCK STEP, SAILOR STEP

1-4   Step forward on the left toe, drop heel, step forward on the right toe, drop heel

5-6   Rock to the left side on the left foot, recover on the right foot

7&8   Left sailor step- step left behind the right, step right to the right side, step left to the left side

STEP FORWARD, ½ TURN, HEEL BALL CROSS, UNWIND, REWIND, ¼ TURN

1-2   Step forward on the right foot, pivot ½ turn to the left

3&4   Touch right heel to the front, step home on the ball of the right foot and cross the left foot over right

5-6   Unwind ¼ turn to the right, rewind ¼ turn to the left

7-8   Step forward on the right toe, pivot ¼ to the left side dropping your heel as you do

This leads into the beginning of the dance again on a new wall, continue on with steps 3-4 from the first section

REPEAT