

Do a Hump

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Patrick Latendresse (CAN) - April 2012
音樂: Mama Do the Hump - Rizzle Kicks



Start with lyrics and dancers will be facing the 6:00 wall

VAUDEVILLE, WALK X2, MAMBO

1&2 Cross right over left, step back on left (&), touch right heel diagonal forward
&3 Step right beside left (&), cross left over right
&4& Step right backward, touch left heel diagonal forward, step left beside right (&)
5-6 Step right forward, step left forward
7&8 Step right forward, recover weight on left (&), step right beside left

ROCK STEP, TRIPPLE STEPS $\frac{3}{4}$ TURN L, SCISSOR STEPS

1-2 Step left forward, recover weight on right
3&4 Start turning $\frac{3}{4}$ turn left while stepping left backward, step right on place (&), step left on place (now facing 9:00 wall)
5&6 Step right to side, step left beside right (&), cross right over left
7&8 Step left to side, step right beside left (&), cross left over right

SYNCOPATED POINT & STEP

1& Step on ball of right to side, recover weight on left (&)
2& Step on ball of right forward, recover weight on left (&)
3& Step on ball of right to side, recover weight on left (&)
4 Step right backward
5& Step on ball of left to side, recover weight on right (&)
6& Step on ball of left backward, recover weight on right (&)
7& Step on ball of left to side, recover weight on right (&)
8 Step left forward

SYNCOPATED ROCKING CHAIR, ROCK STEP, HEEL SWITCHES $\frac{1}{4}$ TURNS R

1& Step on right heel forward, recover weight on left (&)
2& Step on ball of right backward, recover weight on left (&)
3& Step on heel forward, recover weight on left (&)
4 Step right beside left
5& Touch left heel forward, step left beside right (&)
6& Start turning $\frac{1}{4}$ turn right while touch right heel forward, step right beside left (&) (now facing 12:00 wall)
&7 Step right beside left (&), touch left heel forward
&8 Start turning $\frac{1}{4}$ turn right while stepping left beside right (&), touch right heel forward (now facing 3:00 wall)