Bumpy Ride（愉悦顛簸) (zh)

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Daniel Trepat (NL) - 2010年08月
Music: Bumpy Ride - Mohombi

前奏： Dance starts after 16 counts 16拍後起跳

第一段 Out, Out, Hand Movement, Walk R & L, R Mambo, L Mambo
大, 大, 手部碰撞, 走 走, 右曼波, 左曼波

1 RF Step out to right side 右足右踏
& LF Step out to left side 左足左踏
2 both arms will touch each other with the elbows and the wrist (arm will be vertical from the elbow in front of body and face)
雙手由手肘部份呈向上垂直狀放在身體及臉部前, 先碰撞手肘再碰手腕)
3 RF Walk forward 右足前走
4 LF Walk forward 左足前走
5 RF Mambo to right side 右足右下沉
& LF Recover weight 左足回復
6 RF Close next to LF 右足併踏
7 LF Mambo to left side 左足左下沉
& RF Recover weight 右足回復
8 LF Close next to RF 左足併踏

第二段 Out Out Fwd, Out Out Back (2x), ¾ Turn L With Small Steps
大 大(前), 大 大(後) 共二次, 以小步伐左轉3/4

& RF Small step forward (shoulder wide)
右足略前踏(與肩同寬)
1 LF Small Step forward (shoulder wide)
左足略前踏(與肩同寬)
& RF Small step back (shoulder wide)
右足略後踏(與肩同寬)
2 LF Small Step back (shoulder wide)
左足略後踏(與肩同寬)
& RF Small step forward (shoulder wide)
右足略前踏(與肩同寬)
3 LF Small Step forward (shoulder wide)
左足略前踏(與肩同寬)
& RF Small step back (shoulder wide)
右足略後踏(與肩同寬)
4 LF Small Step back (shoulder wide)
左足略後踏(與肩同寬)
&5&6&7&8 A ¾ turn left stepping right and then with left foot (shoulder wide) 左轉270度右足踏, 左足踏(與肩同寬)
(先原地右踏 左踏, 再左轉三次90度右踏 左踏)

第三段 Side, Close, Step, ¼ Turn R, Cissor Step, ¼ Turn R, Shuffle Fwd, ½ Turn L, Shuffle Fwd 右 併 前, 1/4剪刀步, 1/4前交換, 1/2前交換

1 RF Step to right side 右足右踏

&	LF Close next to RF 左足併踏
2	RF Step forward 右足前踏
3	LF ¼ turn right stepping to left side 右轉90度左足左踏
&	RF Close next to LF 右足併踏
4	LF Cross over RF 左足於右足前交叉踏
5	RF ¼ turn right stepping forward 右轉90度右足前踏
&	LF Close next to RF 左足併踏
6	RF Step forward 右足前踏
7	LF ½ turn left stepping forward 左轉180度左足前踏
&	RF Close next to LF 右足併踏
8	LF Step forward 左足前踏

第四段 Jazzbox ½ Turn R, Hitch 2x R, Hitch 2x L
右轉1/2爵士方塊, 右抬二次, 左抬二次

1	RF Cross over LF 右足於左足前交叉踏
2	LF ¼ turn right stepping back 右轉90度左足後踏
3	RF ¼ turn right stepping forward 右轉90度右足前踏
4	LF Step forward 左足前踏
5	RF Hitch 右足抬
&	RF Touch next to LF 右足併點
6	RF Hitch 右足抬
&	RF Recover next to LF 右足併踏
7	LF Hitch 左足抬
&	LF Touch next to RF 左足併點
8	LF Hitch 左足抬
&	LF Recover next to RF 左足併踏