

Skate, Bump & Rock

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Count: 32 **Wall:** 2 **Level:** High Beginner

Choreographer: Bertha Arseneau, Dieppe N.B. Canada, (June 2013)

Music: "Rabiosa (feat Pitbull) by Shakira (Latino music)

Alt music:-

"Blurred Lines (feat T.I & Pharr) by Robin Thick

"Right Round (feat Ke\$ha) by Flo Rida

"You And I" by Madonna

"Low (feat T-Pain) by Flo Rida

Skate Right, Left, Right, Left, Hip bump right 2x, and left 2x (1-8)

- 1-2** Skate R.F. to right diagonally forward (1), skate L.F. to left diagonally (2), 12:00
- 3-4** Repeat count 1,2 for count 3,4, 12:00
- 5&6** Bump hip to right (5), return to center (&), bump hip to right (6), 12:00
- 7&8** Bump hip to left (7), return to center (&), bump hip to left (8) 12:00

Kick front, and front to 1/4 turn L., Coaster Step, Step 1/2 Turn, Front Shuffle (9-16)

- 1-2** Kick R.F. forward (1) 12:00, kick R.F. front with a 1/4 left (2), 9:00
- 3&4** Step back R.F. (3), step L.F. back next to R.F. (&), step R.F. forward (4), 9:00
- 5-6** Step L.F. forward (5), step R.F. to 1/2 turn right (6), 3:00
- 7&8** Step L.F. forward (7), step R.F. next to L.F. (&), step L.F. forward (8) 3:00

Walk forward 2x, Mambo steps front, Walk back 2x, Mambo steps side (17-24)

- 1-2** Walk R.F. forward (1), walk L.F. forward (2), 3:00
- 3&4** Step R.F. forward (3), step L.F. in place (&), step R.F. next to L.F. (4), 3:00
- 5-6** Walk L.F. back (5), walk R.F. back (6)), 3:00
- 7&8** Step L.F. to left side (7), step R.F. in place (&), step L.F. next to R.F. (8) 3:00

Scuff, Shuffle steps, R. L. R. L. to 3/4 turn left, (Optional: 4 Body Rolls) (25-32)

- &1&** Scuff R.F. forward (&), step R.F. forward (1), step L.F. forward (&), 3:00
- 2** Step R.F. to slightly turn left (2), 12:00

- &3&** Scuff L.F. forward (&), step L.F. forward (3), step R.F. to left (&), 12:00
- 4** Step L.F. to slightly turn left (4), 10:00
- &5&** Scuff R.F. forward (&), step R.F. forward (5), step L.F. forward (&), 10:00
- 6** Step R.F. to slightly turn left (6) 8:00
- &7&** Scuff L.F. forward (&), step L.F. forward (7), step R.F. forward (&), 8:00
- 8** Step R.F. to slightly turn left to finish a 3/4 turn left (8) 6:00

Optional: You can do 4 Body Rolls. Step R.F forward and roll body and step L.F. left. Do this 4 times to get to 3/4 turn left and start dance over!!!

Start Over

My favorite song for "Skate, Bump and Rock" is "Rabiosa" by Shakira, but you can choose whatever song you like!!

To dance it on the Shakira song, you need to do Restarts in order for the dance to go really well with the song. But it also goes ok without the Restarts.

RESTARTS:-

On wall 4 (6 o'clock), do counts 1 to 16

This brings you to wall 5 (9 o'clock) and Restart the dance.

When you get to the last 8 counts (the scuff shuffles or option, body rolls), you'll be at 12 o'clock. Instead of doing 3/4 turn left , do 1/2 turn left which brings you to 6 o'clock.

Continue dance for wall 6, 7, 8. Wall 9, count 1 to 32, the song is playing music only, no lyrics.

On wall 10 (6 o'clock), do counts 1 to 4 and Restart the dance.

Continue dance to end!!

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