

Beat The Heat Wou Bom Ba

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Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Winston Yew (Nuline (Sin)) May 2016

Music: "Wou Bom Ba Re Li Jie Pai Wou Bom Ba" by Grasshopper, Shirley Kwan, Karen Tong & Winnie Lau &

Intro: 32 Counts from chorus "Wou Bom Ba". Dance starts on 1st verse of song. 00:36

Note: This dance is specially dedicated to all Mummies & of course all Daddies for the coming Mothers' & Fathers' Day 2016.

Also, I will like to take this opportunity to express my most sincere thanks and appreciation to all my valued students, supporters and friends for all my Birthday Celebrations & Greetings.

§1: Walk, Walk, Fwd Lock Steps, Fwd Rock, Recover, ½ L Shuffle Turn

123&4 Walk fwd on R-L, Step R fwd, Lock L behind R, Step R fwd

567&8 Rock L fwd, Recover R, ¼ L step L to L, step R beside L, ¼ L step L fwd 6:00

§2: Side (Dip), Rolling Hip Diag. Touch, Step In Place (Dip), Rolling Hip Diag. Touch, Modified Charleston

12 Step R to R dipping down slightly, roll hips cc/w as you touch L diag. fwd

34 Step L down dipping down slightly, roll hips c/w as you touch R diag.fwd

5678 Step R fwd, Kick L fwd, Step L back, Touch R toes back.

§3: Fwd Rock, Recover, Coaster Step, Fwd, ½ L Back, Back, Hook

123&4 Rock R fwd, Recover L, Step R back, Step L beside R, Step R fwd

5678 Step L fwd, ½ L step R back, Step L back, Hook R over L knee 12:00

§4: Diag. R - Fwd, Lock, Fwd Lock Steps, 1/8 R Fwd, Lock, Fwd Lock Steps

123&4 1/8 R to face diag. 1:30 - Step R fwd, Lock L behind R, Step R fwd, Lock L behind R, Step R fwd 1:30

567&8 1/8 R to face diag. 3:00 - Step L fwd, Lock R behind L, Step L fwd, Lock R behind L, Step L fwd 3:00

§5: Side, Behind Touch, Side, Behind Touch, Side, Behind Touch, ¼ L Fwd, ½ L Back

- 12** Step R to R raising both arms, Swing both arms to R as you touch L toes behind R looking towards R side
- 34** Step L to L raising both arms, Swing both arms to L as you touch R toes behind L looking towards L side
- 5678** Step R to R raising both arms, Swing both arms to R as you touch L toes behind R looking towards R side, ¼ L step L fwd, ½ L step R back

§6: Side, Behind Touch, Side, Behind Touch, Side, Behind Touch, ¼ R Fwd, ½ R Back

12¼ L step L to L raising both arms, Swing both arms to L as you touch R toes behind L looking towards L side □ 3:00 □

- 34** Step R to R raising both arms, Swing both arms to R as you touch L toes behind R looking towards R side
- 5678** Step L to L raising both arms, Swing both arms to L as you touch R toes behind L looking towards L side, ¼ R step R fwd, ½ R step L back

§7: ¼ R Side Hip Bumps R-L-R, L-R-L, Back (Facing diag. 4:30) Hip Bumps R-L-R, Back (Facing 1:30) Hip Bumps L-R-L

1&23&4¼ R step R to R bump hips to side on R-L-R, bump hips to side on L-R-L □ 3:00 □

- 5&6** Step R back angling body to face diag. 4:30 bump hips R-L-R □ 3:00 □
- 7&8** Step L back angling body to face 1:30 bump hips L-R-L □ 3:00 □

§8: Behind Touch, ½ R Step Down, Fwd, Side Touch, Jazz Box With A Cross

- 12** Touch R behind L, ½ R step down onto R □ 9:00 □
- 34** Step L fwd, Touch R toes to R
- 5678** Cross R over L, Step L back, Step R to R, Cross L over R

Repeat

#4 Counts Tag: At End of Wall 1, 2, 3 & 4 facing 9:00, 6:00, 3:00 & 12:00.

- 12** Step R diag. R fwd rolling R hip fwd to R (2 counts)
- 34** Step L diag. L fwd rolling L hips fwd to L (2 counts)

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