

# Bidi Bidi Bom Bom

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**Count:** 32

**Wall:** 1

**Level:** Absolute Beginner

**Choreographer:** Marie H. Sacarello (Gibraltar/Japan) Dec 2013

**Count in: 24 counts from start of track.**

**Note: It has been choreographed to use alternative starting foot in order to reduce stress on muscles & joints.**

**Section 1 (1-8) Side rock, recover, close, step x2, side rock, recover, close, stepx2**

**1-2** Rock/ step left to left side, recover weight onto right

**3&4** Step left next to right, Step right in place, Step left in place

**(Styling: Bump or sway hips to left, right, left on these counts)**

**5-6** Rock/step right to right side, recover weight onto left

**7&8** Step right next to left, Step left in place, Step right in place

**(Styling : Bump or sway hips to right, left, right on these counts)**

**Section 2 (9-16) Rocking chair, Step L, ¼ Pivot R, close, touch**

**1-2** Rock/step left forward, Recover weight onto right

**3-4** Rock/ step back on left, Recover weight onto right

**5-6** Step left forward, Make ¼ turn right transferring weight onto right

**7-8** Step left next to right, touch right toes next to left

**Section 3 (17-24) Same sequence as section 1 but start off with right foot**

**1-2** Rock/step right to right side, recover weight onto left

**3&4** Step right next to left, Step left in place, Step right in place

**(Styling: Bump or sway hips to RLR on these counts)**

**5-6** Rock/step left to left side, recover weight onto right

**7&8** Step left next to right, Step right in place, Step left in place

**(Styling : Bump or sway hips to LRL on these counts)**

**Section 4 (25-32) Same sequence as section 2 but start off with right foot**

- 1-2 Rock/step right forward, Recover weight onto left
- 3-4 Rock/ step back on right, Recover weight onto left
- 5-6 Step right forward, Make  $\frac{1}{4}$  turn left transferring weight onto left
- 7-8 Step right next to left, touch left toes next to right

**Note: Ending on 11th wall, Section 2, stay facing on the front wall without  $\frac{1}{4}$  R:-**

**Rocking chair, Walk LRL, hold**

- 1-2 Rock/step left forward, Recover weight onto right
- 3-4 Rock/ step back on left, Recover weight onto right
- 5-6 Step forward on left, Step forward on right
- 7-8 Step forward on left, Hold and pause

**Have fun and stay healthy!**

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