Risen Christ Boogie



Count: 0 Wand: 1 Ebene: Intermediate

Choreograf/in: Richard Ng (SG) & Florence Ng

Musik: Un monde parfait - Ilona

Sequence: A1,A2,A1,B,C,A1,B,C,A1,A2,A1,C

PART A1

FINGER CLICKS, HOLD; CLAPS, HOLD

1-8 Finger clicks x 3; hold; claps x 3; hold

9-32 Three sets of 1-8

PART A2

SHOULDER SHRUGS; HIPS ROTATES

1-8 Shoulders shrug from right to left x 49-16 Hips rotate from right to left x 4

PART B

RIGHT, RAISE PUNCHES INTO THE AIR

1-8 Raise alternate hands punching upwards into the air starting with right, left

SIDE STEP AND TOUCH/CLAP TWICE

1-2 Step right to right, left touch right instep with a clap,3-4 Step left to left, right touch left instep with a clap

5-6 Repeat 1-2 7-8 Repeat 3-4

SIDE EXTENDED VINE, CROSS, HOLD, BACK ROCK

1-8 Step right to right, left cross behind, step right to right, left cross in front of right, step right to

right, hold, rock left back and replace right

9-16 Mirror to the left

ELECTRIC SLIDE STEPS

1-8 Vine to the right, clap, vine to the left, clap

NORTHERN KICKS- RIGHT WALK FORWARD, KICK/SHOUT; WALK BACKWARD; REPEAT THE ABOVE WITH LEFT WALK FORWARD

1-4 Walk northwards-right, left, right, left kick forward, throw hands into the air and shout!

5-8 Walk backwards-left, right, left, right

9-12 Repeat 1-4 starting with left, 13-16 Repeat 5-8 starting with right

RAISE PUNCHES INTO THE AIR

1-8 Raise alternate hands punching upwards into the air starting with right, left

PART C

CROSS, BLOCK, STRIKE, PUNCHES(ROUND THE WORLD)

1 Standing legs apart with a ¼ squat position, cross both hands downwards in front of you

2 Open both hands outwards, elbows inwards, with fist clenching-(v shape)

& Bring elbows up and fingers pointing at each other

3 Strike in a forward and outward position

4 Bring both hands back to the side of the body with fist clenching

- 5-6 Punch right fist to the left diagonal(temple), replace to the side
- 7-8 Punch left fist to the right diagonal(temple), replace to the side

To add in some fun: execute the 4x8 counts "round the world" ending with facing the front again-every 8 counts-change wall -¼ turn right-after the last wall, make a ¼turn right to face the front again