

Boogie Down

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Carolyn Robinson (USA)

Musik: Rock Your Body - Justin Timberlake



RIGHT HEEL TAP TWICE, RIGHT TOE TAP TWICE

- 1-2 Tap right heel forward two times
- 3-4 Tap right toe back two times

GRAPEVINE RIGHT WITH TOUCH

- 5 Side step right
- 6 Step left toe angled behind right heel
- 7 Side step right
- 8 Touch left beside right

LEFT HEEL TAP TWICE, LEFT TOE TAP TWICE

- 1-2 Tap left heel forward two times
- 3-4 Tap left toe back two times

GRAPEVINE LEFT WITH TOUCH

- 5 Side step left
- 6 Step right toe angled behind left heel
- 7 Side step left
- 8 Touch right beside left

UP & DOWN RIGHT HIP BUMPS (REMEMBER 'GOT TO BE FUNKY?')

- 1 Step ball of right at forward diagonal bump right hip up
- & Keeping weight on left, bend knees and prepare for low bump
- 2 Bump right hip low
- & Rising up from bent knees keeping weight left
- 3 Bump right hip high
- & Bend knees and prepare for low right bump
- 4 Bump right hip low

UP & DOWN LEFT HIP BUMPS

- 5 Step ball of left at forward left diagonal bump left hip up
- & Keeping weight on right, bend knees & prepare for low left bump
- 6 Bump left hip low
- & Rising up from bent knees keeping weight on right
- 7 Bump left hip high
- & Rising up from bent knees keep weight on right
- 8 Bump left hip low-transferring weight to left

LEFT PADDLE TURN -½ TURN (6:00)

- 1 Side touch right toe 1/8 turn left
- & Hitch right
- 2 Side touch right toe 1/8 turn left
- & Hitch right
- 3 Side touch right toe 1/8 turn left
- & Hitch right
- 4 Side touch right toe 1/8 turn left (should be facing back wall or 6:00 wall)

SKATE RIGHT-LEFT-RIGHT-LEFT

- 5 Skate right moving forward
- 6 Skate left moving forward
- 7 Skate right moving forward
- 8 Skate left moving forward

REPEAT
