

# Boogie Shoes

Count: 0

Wand: 4

Ebene: Improver

Choreograf/in: Raymond Sarlemijn (NL)

Musik: Boogie Shoes - KC and the Sunshine Band



Sequence: AB, AB, AB, BB

## PART A

### WALK WALK, ¼ TURN RIGHT SAILOR STEP, CROSS, SIDE, CROSS SHUFFLE

- 1 Walk forward on right foot
- 2 Walk forward on left foot
- 3 Turn ¼ over right, while doing this step backward right foot
- & Left foot next to right foot
- 4 Step forward right foot
- 5 Left foot cross in front right foot
- 6 Right foot step to right
- 7 Left foot cross in front right foot
- & Right foot next to left foot
- 8 Left foot cross in front right foot

### ROCK STEP, ¼ TURN RIGHT COASTER STEP, WALK, ½ TURN LEFT, COASTER STEP

- 1 Rock right foot to right
- 2 Recover weight on left foot
- 3 Turn ¼ right, while doing this step right foot backwards
- & Left foot next to right foot
- 4 Right foot step forward
- 5 Left foot step forward
- 6 Right foot step forward, while doing this turn ½ left
- 7 Left foot step backwards
- & Right foot next to left foot
- 8 Left foot step forward

### HIP BOUNCE FORWARD, TURN ¼, HIP BOUNCE, HIP BOUNCE ¼ TURN, HIP BOUNCE

- 1 Right foot point forward, while doing this bounce right hip forward, but keep weight on left foot
- 2 Turn ¼ over left and put weight on right foot
- 3 Point left foot to left, while doing this bounce left hip to left, but keep weight on right foot
- 4 Put weight on left foot
- 5 Right foot point forward, while doing this bounce right hip forward, but keep weight on left foot
- 6 Turn ¼ over left and put weight on right foot
- 7 Point left foot to left, while doing this bounce left hip to left, but keep weight on right foot
- 8 Put weight on left foot

### JAZZ BOX ¼ TURN RIGHT, SHUFFLE, ROCK STEP, ½ TURN LEFT, SHUFFLE

- 1 Cross right foot in front of left foot
- 2 Left foot step backwards
- 3 Turn ¼ over right and step right foot forward
- & Left foot next to right foot
- 4 Right foot step forward
- 5 Left foot rock forward
- 6 Recover weight on right foot
- 7 Turn ¼ over left and left foot to left

- & Right foot next to left foot  
8 Turn  $\frac{1}{4}$  over left and left foot step forward

## **PART B**

### **KICK BALL CROSS, SLIDE, KICK BALL CROSS, SLIDE**

- 1 Kick right foot forward  
& Right foot next to left foot  
2 Left foot cross in front right foot  
3 Right foot slide to right  
4 Left foot touch next to right foot  
5 Kick left foot forward  
& Left foot next to right foot  
6 Right foot cross in front left foot  
7 Left foot slide to left  
8 Right foot touch next to left foot

### **$\frac{1}{4}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT, FREE EXPRESSION (BOOGIE)**

- 1 Right foot step forward  
2 Turn  $\frac{1}{4}$  over left and put weight on left foot  
3 Right foot step forward  
4 Turn  $\frac{1}{4}$  over left and put weight on left foot  
5-6-7&8 Free expression on the spot, for example, swing your hips from one side to the other and bounce with the upper body

### **KICK BALL CHANGE, TURN $\frac{1}{2}$ RIGHT, BACK AND CROSS, BACK AND CROSS**

- 1 Right foot kick forward  
& Right foot next to left foot  
2 Left foot step forward  
3 Right foot lock backwards left foot  
4 Turn  $\frac{1}{2}$  right  
5 Right foot step backwards left foot  
& Left foot step to left  
6 Right foot cross in front left foot  
& Left foot step to left  
7 Right foot step backwards left foot  
& Left foot step to left  
8 Right foot cross in front left foot

### **SLIDE TO LEFT, KNEE BOUNCE, KNEE BOUNCE, KNEE BOUNCE**

- 1 Left foot slide to left  
2 Right foot touch next to left foot  
3 Bend both knee and put right hand up  
& Straighten both knees, still hand up  
4 Bend both knees and lower hand  
5 Bend both knee and lean forward with upper body  
& Straighten both knees, still lean forward  
6 Bend both knees and get the body up  
7 Bend both knee and put right hand up  
& Straighten both knees, still hand up  
8 Bend both knees and lower hand
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