

# Bootylicious

Count: 112

Wand: 2

Ebene:

Choreograf/in: Sharon May (UK)

Musik: Bootylicious - Destiny's Child



## **TOE TOUCHES FORWARD, HEEL LIFT, ¼ TURN TOE TOUCHES FORWARD, HEEL LIFT**

- 1& Touch right toe forward, bring right foot back in to place, transferring weight on to right foot  
2& Touch left toe forward, bring left foot back in to place, transferring weight on to left foot  
3&4 Place right foot forward, keeping weight on both feet, raise up on to balls of feet lifting heels up, lower heels  
&5 Bring right foot back in to place making ¼ turn over left shoulder and transferring weight on to right foot, touch left toe forward  
&6 Bring left back in to place, transferring weight on to left foot, touch right toe forward  
&7 Bring right foot back in place, transferring weight on to right foot, touch left toe forward  
&8 Keeping weight on both feet, raise up on to balls of feet lifting heels up, lower heels

## **TOE TOUCHES FORWARD, BACK TOUCH, ½ TURN WITH SHOULDER SHRUGS, ½ TURN BACK WITH SHOULDER SHRUGS**

- &9 Put left foot back in to place, weight on left foot, touch right toe forward  
&10 Place right foot back in place, touch left toe forward  
&11 Place left foot back in place, touch right toe forward  
12 Lift the right foot up and place behind  
13&14 Pivot ½ turn over right shoulder, at same time shrug shoulders three times  
15&16 Pivot ½ turn back over left shoulder, at same time shrug shoulders three times

**Styling: When making ½ turn over right shoulder, slightly bend knees. Straighten knees on return ½ turn**

## **KICKS & TOUCHES, ½ TURN, KICKS, TOUCHES, STEP IN PLACE**

- 17&18 Kick right foot forward, bring back in to place, weight on right foot, touch left toe out to left side  
19&20 Kick left foot forward, make ½ turn over right shoulder stepping left, right  
21&22 Repeat 17&18  
23&24 Kick left foot forward, bring back in to place, touch right toe in place

## **STEP TO SIDE, SLIDE WITH SHIMMIES, 1 ¼ TURN, TOUCH IN PLACE**

- 25 Step right foot out to right side  
26-28 Slide left foot next to right foot for 3 counts, shimmy at same time  
29-32 Turn 1 ¼ turns over left shoulder, stepping left, right, left, right in place

## **KICKS & TOUCHES, ½ TURN, KICKS, TOUCHES, STEP IN PLACE, STEP TO SIDE, SLIDE WITH SHIMMIES, 1 ¼ TURN, TOUCH IN PLACE**

- 33-48 Repeat counts 17-32

## **CHA-CHA STEPS BACKWARDS 4 X LEFT FOOT IN PLACE**

- 49&50 Cha-cha back, right, left, right (angle body slightly diagonal to right)  
51&52 Cha-cha back, left, right, left (angle body slightly diagonal to left)  
53&54 Cha-cha back right, left, right, (angle body slightly diagonal right)  
55&56 Cha-cha back left, right, then step left in place next to right foot face forward

## **SIDE STEPS (CUBAN HIPS) SKATE, SIDE STEPS (CUBAN HIPS) LEFT ¼ TURN**

- 57&58 Step right foot out to right side, step left next to right, step right foot out to right side  
&59 Step left foot next to right, step right foot out to right side  
60 Skate left on spot

- 61&62 Twist body back from skate & step right foot out to right side, step left foot next to right foot, step right foot out to right side
- &63 Step left foot next to right foot, step right foot out to right side, weight on right foot
- 64 Raise left foot and step making ¼ turn over left shoulder

### **MOVING FORWARD THRUSTS**

- 65&66 Weight on left foot, touch right toe in front, while thrusting hips forward at same time bring right foot back, place at side of left foot but slightly forward
- 67&68 Weight on right foot, touch left toe in front, while thrusting hips forward at same time bring left foot back, place at side of right foot but slightly forward
- 69&70 Repeat counts 65&66
- 71-72 Weight on right foot, touch left toe in front, thrusting hips forward at same time place left foot next to right foot

**Styling tip when thrusting hips forward clench fists in front & pull both arms back past your hips at same time. Imagine you are grabbing 2 handles and are pulling yourself between them hips first!**

### **1 ½ TURNS OVER RIGHT SHOULDER, PRAY & BEND WITH BOUNCES**

- 73-76 Turn 1 ½ turns over right shoulder, stepping right, left, right, left foot in place
- 77&78 Hold hands in prayer position at chest height, bend over from waist shrugging shoulders three times
- 79&80 Raise up, shrugging shoulders three times

### **SIDE STEP, KNEE BENDS, RAISE ARM & POINT**

- &81 Step right foot out to right side, shoulder width apart, placing weight on right toe with toe facing right, bend right knee slightly forward, turn knee out
- 82-83 Turn knee in, turn knee out
- 84-86 Face head towards right, at the same time, raise right arm up and out to right side and point finger, turn head to look left, hold for 1 count
- 87-88 Slide right foot next to left foot over 2 counts, look forward as you start to slide

**Styling tip: optional side body roll left over last 2 counts**

### **SIDE STEP, KNEE BENDS, RAISE ARM & POINT**

- 89-96 Repeat counts 81-88

### **MOVING FORWARD THRUSTS,**

- 97-104 Repeat counts 65-72

### **WALKS BACK WITH SHIMMIES, 4 PADDLE TURNS OVER LEFT SHOULDER (MAKING FULL TURN)**

- 105-108 Walk back, with shimmies, right, left, right, left in place
- &109 Weight on left foot, raise right knee up, then down, making ¼ turn over left shoulder
- &110 Repeat counts &109
- &111 Repeat counts &109
- &112 Repeat counts &109

### **REPEAT**

### **FINISH**

**After the 3rd time through the dance, there are 6 counts left for you to go wild and express yourself!**

---