The Grayston Boogie

Level: Beginner / Improver

Choreographer: Lucinda Atkinson (UK) - May 2023

Music: The Grayston Boogie - The Hazy Janes

Start the dance on the lyrics "I got"

Count: 48

This dance was inspired by The Hazy Janes who are a local band singing about a local bar & gig venue in Halifax UK.

Section 1 - Side together side hitch, clap & repeat.

- Side RF close LF to RF, step side RF hitch L knee and clap hands. 1 - 4
- 5 8 Side LF close RF to LF, step side LF and hitch R knee and clap hands.

Section 2 - Step forward touch & back touch.

- 9-12 Step forward RF, touch LF behind RF, Step back on LF, touch RF in front of LF.
- 13 16 Step forward on RF, touch LF behind RF, step back on LF and close RF to LF taking the weight in RF.

Optional styling for sections 2 & 4, air guitar, shimmy shoulders, or finger snaps whilst stepping forward and back - rock it out! :)

Sections 3 & 4 repeat steps 1 to 16 starting on the L foot ending with weight on LF.

Section 5 - Step forward slow, slow, quick, quick, quick, quick.

- 33 36 Step forward RF, hold, step forward LF, hold.
- 37 40 Step forward R L R L.

Section 6 - Step backwards, slow, slow, guick, guick, guick, guick.

- 41 44 Step back RF, hold, step back LF, hold.
- 45 48 Step back R L R, step side L turning 1/4 L.

Optional styling for sections 5 & 6 skate it or prissy walk it. Groove it up and enjoy. Yours in stomps, smiles & shimmies Lucinda AKA

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Wall: 4