

Bow-Legged Boogaloo

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Lance Pritchard (AUS) - May 2015
音乐: Anyway the Wind Blows - Brother Phelps



Start: counted in by band □ □

S1: R CROSS TAP, L HOP, R SIDE, R HOP – L CROSS TAP, R HOP, L STEP, CLAP

1-2 Tap R toes across L foot, Hop on L foot
3-4 Step R foot to R side, Hop on R foot
5-6 Tap L toes across R foot, Hop on R foot
7&8 Step L foot down beside R foot, clap twice

S2: JUMP APART-TOGETHER, L HEEL, R HEEL, JUMP APART-TOGETHER

1-2 Jump (L to L, R to R), Jump feet back together
3-4 Touch L heel forward 45°, Step L foot next to R foot (weight on L)
5-6 Touch R heel forward 45°, Step R foot next to L foot (weight on R)
7-8 Jump (L to L, R to R), Jump feet back together

S3: SHUFFLE RLR, LRL, WHILE TURNING FULL TURN L

1&2 Shuffle forward R,L,R while turning ½ turn L
3&4 Shuffle L,R,L while turning ½ turn L

S4: TURN ¼ L, SCOOT R ON L, SCOOT R ON L, STOMP R, STOMP L

1-2 Turn ¼ turn L, while scooting R on the L foot □ twice
3-4 Stomp R foot, Stomp L foot

S5: R KNEE ROLL, L KNEE ROLL, SQUIGGLES(SWIVELS)

1-4 Roll R knee out to R, Roll L knee out to L
5-6 R Squiggle (weight on L ball & R heel, swivel to R & back to centre)
7-8 L Squiggle (weight on R ball & L heel, swivel to L & back to centre)

S6: ROCK R FORWARD GRIND, R BACK, STEP ¼ L ON L (twice)

1-2 Rock forward on R heel & grind heel, move weight back onto L ball
3-4 Rock back on R ball, ¼ turn L stepping L foot forward
5-8 Repeat 1-4

S7: R FORWARD, POINT L, L FORWARD, POINT R

1-4 Step R forward, hold, Point/touch L toes out to L, hold
5-8 Step L forward, hold, Point/touch R toes out to R, hold

START AGAIN – in new direction

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