

Ez Boogie Man

拍数: 48 墙数: 2 级数: Absolute Beginner
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音乐: Boogie Man - Danny & Bongy



Intro: 48 counts

I. Lindy Twice

1&2 Chasse side RLR
Option for 1-2: Step R side, hold
3-4 Rock L back, recover to R
5&6 Chasse side LRL
Option for 5-6: Step L side, hold
7-8 Rock R back, recover to L

II. Toe Struts Forward Twice; Stationary Rocks

1-2 Step R toe forward, lower R heel
3-4 Step L toe forward, lower L heel
Option for 1-4: Walks forward with holds or chasse forward twice
5-8 Rock R forward rock, recover to L, rock R forward, recover to L

III. Toe Struts Back Twice ; Stationary Rocks

1-2 Step R toe back , lower R heel
3-4 Step L toe back , lower L heel
Option for 1-4: Walks back with holds or chasse back twice
5-8 Rock R back , recover to L, rock R back , recover to L

IV. ¼ Turn Jazz Box With Toe Struts

1-2 Step R toe over, lower R heel
3-4 Step L toe back, lower L heel
5-6 Turn ¼ right and step R toe to R side, lower R heel (3:00)
7-8 Step L toe together, lower L heel
Option for 1-8: Steps with holds

V. ¼ Turn Jazz Box With Toe Struts

1-2 Step R toe over, lower R heel
3-4 Step L toe back, lower L heel
5-6 Turn ¼ right and step R toe to R side, lower R heel (6:00)
7-8 Step L toe together, lower L heel
Option for 1-8: Steps with holds

VI. K-Step With Claps

1-2 Step R diagonally forward, touch L together
3-4 Step L diagonally back, touch R together
5-6 Step R diagonally back touch L together
7-8 Step L diagonally forward, touch R together

Option for 1-8: Step side, touch together with claps x4

REPEAT

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