

Boogie Down

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Wendy Haggerty (USA) - June 2017
音乐: Boogie Down - Al Jarreau



WALK, WALK, WALK, KICK, BACK, BACK, BACK, TOUCH

1-4 Walk Forward right, left, right, kick (or touch) left foot forward
5-8 Walk Back left, right, left, touch right foot beside left

RIGHT SIDE MAMBO, LEFT SIDE MAMBO

1-4 Rock right to right side, recover left in place, step right next to left, hold
5-8 Rock left to left side, recover right in place, step left next to right, hold

2 PIVOT ¼ TURNS

1-4 Step forward right, hold, pivot ¼ turn left (weight to left), hold
5-8 Step forward right, hold, pivot ¼ turn left (weight to left), hold

V STEP

1-2 Step right foot out forward and diagonally to right side, hold
3-4 Step left foot out forward and diagonally to left side, hold
5-6 Step right foot back to center, hold
7-8 Step left foot back to center, hold

If your audience is so inclined, during last 8 counts take out holds and do two V Steps.

NOTE: this dance was choreographed in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.

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Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.ZestYogaAndFitness.com