

# 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!

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