

J'ai Du Boogie Contra

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Absolute Beginner - Contra
编舞者: Helaine Norman (USA) - November 2019
音乐: J'ai Du Boogie - Scooter Lee



I. KICK X2, ROCK RECOVER; KICK X2, ROCK RECOVER

1-2 Kick right x2
3-4 Rock right back, recover to left forward
5-8 Repeat 1-4

II. LOCK STEP WITH HITCH TWICE

1-4 Step right forward, lock left behind right, step right forward, scuff left forward
5-8 Step left forward, lock right behind left, step left forward, scuff right forward

Optional for 1-8: Shuffles with hitches (or scoots with hitches)

III. ¼ PIVOT TURN TWICE

1-4 Step right forward, pivot on right making ¼ turn weight to left 9:00
5-8 Repeat 1-4 6:00

Optional for 1-8: Walk right, left, right, step left together (making ½ turn left) 6:00

IV. TWIVELS

1 Twist both heels to right
2 Twist both toes to right
3 Twist both heels to right
4 Hold
5 Twist both heels to left
6 Twist both toes to left
7 Twist both heels to left
8 Hold

Optional styling for 4 and 8: Claps with holds

Optional for 1-8:

1-4 Step right side, step left together, step right side, touch left together
5-8 Step left side, step right together, step left side, touch right together

Repeat

E-mail: helaine43@gmail.com

Last Update: 15 Jan 2023
