

Self-Isolation Boogie

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Ray Hodson (UK) - April 2020
音乐: Maxine's Tap Room Boogie - Travis Kidd



#32 count intro - start on vocals

SHUFFLE RIGHT DIAGONAL, SHUFFLE LEFT DIAGONAL, SHUFFLE BACK RIGHT DIAGONAL, SHUFFLE BACK LEFT DIAGONAL

1&2 Step forward on right, step left next to right, step forward on right
3&4 Step forward on left, step right next to left, step forward on left
5&6 Step back right, Step Left next to right, step right back
7&8 Step back left Step right next to left, step left back

MAMBO RIGHT, MAMBO LEFT, MAMBO FORWARD, MAMBO BACK

1&2 Rock Right to Right, Recover, Step Together
3&4 Rock Left to Left, Recover, Step Together
5&6 Rock Right Forward, Recover, Step Together
7&8 Rock Left Back, Recover, Step Together

SHUFFLE FORWARD, FORWARD MAMBO, SHUFFLE BACK, COASTER STEP

1&2 Step Forward On Right, Step Left Next To Right, Step Forward On Right
3&4 Rock Forward Left, Recover, Step Back Left
5&6 Step Back Right, Step Left Next To Right, Step Back On Right
7&8 Rock Back Left, Together with Right, Step Forward Left

RUN RUN RUN, RUN RUN RUN, HIPS AND HIPS, HIPS AND HIPS

1&2 Run Right left right turning ¼ left (9 o'clock)
3&4 Run Left right left turning ¼ left (6 o'clock)
5&6 Rock Hips Right and Right
7&8 Rock Hips Left and Left

This dance is written for dancers who are self-isolating due to the Covid 19 virus and might not have much room to dance, Hope you enjoy it and it brightens your day.

Ray Hodson - Urbanlinedance.com
Last Update - 23 April 2020