

Boogie Mood

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Harry Schalk (AUT) - April 2022
音乐: Choo Choo Ch 'Boogie - Louis Jordan & His Tympany Five
或: Down the Road Apiece - The Refreshments



RESTARTS !!

Alt.: Down the Road Apiece by The Refreshments – NO RESTARTS

Start Dance at Singing

Sec. 1: Shuffle R, Back Rock, Touch L, Cross Hitch, Touch L, Cross Flip

1 & 2 RF Step right , LF next to RF, RF Step right
3 , 4 LF Step back , Weight back on RF
5 , 6 LF Toe touch left, LF Knee lift cross over RF
7 , 8 LF Toe touch left, LF lift back behind RF

Sec. 2: Shuffle L, Back Rock, Touch R, Cross Hitch, Touch R, Cross Flip

1 & 2 LF Step left, RF next to LF , LF Step left
3 , 4 RF Step back , Weight back on LF
5 , 6 RF Toe touch right , RF Knee lift cross over LF
7 , 8 RF Toe touch right, RF lift back behind LF

Sec. 3: Step R , Touch L, Step back L, Kick R, Coaster Step, Hold

1 , 2 RF Step fwd, LF Toe touch next to RF
3 , 4 LF Step back, RF kick fwd
5 , 6 RF Step back, LF next to Rf
7 , 8 RF Step fwd , Hold

Sec.4: Twist Steps fwd L, Hold, R, Hold, L,R,L,R

1 , 2 LF Step fwd and Twist both Heels reight, Hold
3 , 4 RF Step fwd and Twist booth Heels left, Hold
5 , 6 LF Step fwd and Heels right, RF Step fwd and Heels left
7 , 8 LF Step fwd and Heels right, RF step fwd and Heels left (Weight on LF)

*** RESTART in Wall 2, 5 and 7 at Choo Choo Boogie

Sec.5: Kick Ball Change, Step R, Pivot ½ Turn L, Cross, Touch L, Cross, Touch R

1 & 2 RF kick fwd , RF next to LF , Weight back on LF
3 , 4 RF Step fwd , ½ Turn left on both Legs
5 , 6 RF cross over LF, LF Toe touch left
7 , 8 LF cross over RF, RF Toe touch right

Sec. 6: Out R, Out L, In R, In R, Step R, Step L, Heel lift

1 , 2 RF Step right diagonal fwd, LF Step left diagonal fwd
3 , 4 RF Step to center, LF next to RF
5 , 6 RF Schritt vor, LF dazu
7 , 8 Lift both Heels (bend your Knees) , Heels on Ground

Start the dance again ...