

Bootshake

拍数: 32 墙数: 2 级数: Beginner
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音乐: Bootshake - Alex Smith



Intro: 32 counts (approx. 12 sec)

S1 TOE, HEEL, CROSS, TOE, HEEL, CROSS, TOE, HEEL

1-2 Touch right toe to LF, Touch right heel slightly to the side
3-4 RF cross over LF, Touch left toe to RF
5-6 Touch left heel slightly to the side, LF cross over RF
7-8 Touch right toe to LF, Touch right heel slightly to the side

S2 TWIST OUT&IN, TAP 2X LEFT HEEL, DIAGONAL FORWARD, TOUCH & CLAP DIAGONAL BACK, TOUCH & CLAP

1-2 Twist right heel out, twist right heel in (put weight on RF)
3-4 Tap left heel, tap left heel (lean body a bit to the right & snap with right fingers)
5-6 LF step diagonal forward, RF touch to LF (& Clap)
7-8 RF step diagonal back, LF touch to RF (& Clap)

S3 DIAGONAL LOCK STEP, BRUSH, ROCKING CHAIR

1-2 LF step diagonal forward, Lock RF behind LF
3-4 LF step diagonal forward, RF brush forward
5-6 RF rock forward, recover on LF
7-8 RF rock back, recover on LF

S4 STEP, BOUNCH 3X WITH ½ TURN, ROCKING CHAIR

1-2 RF step forward, bounce on both feet with ¼ turn left
3-4 bounce on both feet 1/8 turn left, bounce 1/8 turn left & finish weight on LF
5-6 RF rock forward, recover on LF
7-8 RF rock back, recover on LF

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Last Update - 16 Oct. 2023 - R1