

Big Al Boogie

拍数: 48 墙数: 2 级数: Phrased Improver
编舞者: William Gresham (USA) - November 2023
音乐: Albert Flasher - The Guess Who



Beginner Version of this dance is **Big Al Boogie, Easy**
<https://www.copperknob.co.uk/stepsheets/181371/big-al-boogie-easy>

INTRO: 16 Counts

Sequence: AAB Bridge AAAB Bridge AA

Part A

SA1: Lindy Right, Lindy Left

1 & 2 Step RF to R side (1), step LF next to R (&), step RF to R side (2)
3 4 Rock back on LF (3), recover on RF (4)
5 & 6 Step LF to L side (5), step RF next to LF (&), step LF to L side (6)
7 8 Rock back on RF (7), recover on LF (8)

SA2: Step ¼ Turn Right x2, Rock Back, Recover, Side Touch x2

1 2 Step RF to R side turning ¼ (1) (3:00), step LF to L side turning ¼ (2) (6:00)
3 4 Rock back on RF (3), recover on LF (4)
5 6 Step RF to R side (5), touch LF next to RF (6)
7 8 Step LF to left side (7), touch RF next to LF (8)

SA3: Rocking Chair, Cross, ½ Pivot Turn Left, Cross, ½ Pivot Turn Left **

1 2 Rock RF forward (1), recover on LF (2)
3 4 Rock RF back (3), recover on LF (4)
5 6 Cross RF in front of LF (5), Pivot ½ L ending with weight on LF (6) (12:00)
7 8 Cross RF in front of LF (7), Pivot ½ L ending with weight on LF (8) (6:00)

SA4: Toe Strut Jazz Box

1 2 Touch R toe to L side (1), drop R heel (2)
3 4 Touch L toe back (3), drop L heel (4)
5 6 Touch R toe to R side (5), drop R heel (6)
7 8 Touch L toe to L side (7), drop L heel (8)

Last Wall: Dance all 4 sections of Part A, then dance SA3 counts 1-6, step RF to R side (7), slight hitch or flick of L leg (&), step LF to L side (8)

Part B begins 12:00

SB1: Triple Forward, Step, ½ Pivot Turn Right, Rocking Chair

1 & 2 RF forward (1), LF next to RF (&), RF forward (2)
3 4 Step LF forward (3), Pivot ½ R shifting weight to RF (4) (6:00)
5 6 7 8 Rock LF forward (5), recover on RF (6), rock LF back (7), recover on RF (8)

SB2: Triple Forward, Step, ½ Pivot Turn Left, Step ¼ Left, Touch, Step ¼ Left, Touch**

1 & 2 LF forward (1), RF next to LF (&), LF forward (2)
3 4 Step RF forward (3), Pivot ½ L shifting weight to LF (4) (12:00)
5 6 Step RF to R side turning ¼ (5) (9:00), LF touch next to RF (6)
7 8 Step LF to L side turning ¼ (7) (6:00), RF touch next to LF (8)

Bridge after Part B: V-Step and Circle

1 2 Step RF diagonally to R forward (1), Step LF diagonally L forward (2)

3 4 Step RF back into center (3), LF close next to RF (4)
1-8 Walk eight steps in a circle beginning with RF stepping in front of LF to the L side

**** Turn Option for SA3 counts 5-8 and SB2 counts 3-8**
Turn $\frac{1}{4}$ left stepping RF to R side (3:00), Touch LF next to RF
Turn $\frac{1}{4}$ right stepping LF back (6:00), Touch RF next to LF
RF step to R side, LF step to L side (SB2)

CONTACT: William Gresham - WJG.LDP@gmail.com

Last Update: 23 Feb 2025
