

Big Al Boogie, Easy

拍数: 32 墙数: 2 级数: Beginner
编舞者: William Gresham (USA) - November 2023
音乐: Albert Flasher - The Guess Who



Improver Version of this dance is Big Al Boogie
<https://www.copperknob.co.uk/stepsheets/180126/big-al-boogie>

INTRO: 16 Counts

S1: 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)

S2: 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)

S3: Rocking Chair, Touch, ¼ Turn Left, Touch, ¼ Turn Right, Touch

1 2 Rock RF forward (1), recover on LF (2)
3 4 Rock RF back (3), recover on LF (4)
5 6 Turn ¼ left stepping RF to R side (3:00), Touch LF next to RF
7 8 Turn ¼ right stepping LF back (6:00), Touch RF next to LF

S4: 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)

Tag and Restart on Walls 3 & 7 after 16 counts – V-Step and Circle

1 2 Step RF diagonally 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 turning left beginning with RF stepping in front of LF

Last Wall: Dance all 4 sections, then dance S3 counts 1-6,
Turn ¼ left stepping LF forward (12:00), slight hitch or flick of R leg (&), step RF to R side (8)

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