Nina's Boo



拍数: 32 墙数: 4 级数: Absolute Beginner

编舞者: Liz Atkinson (USA) - August 2024

音乐: My Baby Just Cares For Me - Nina Simone



Created for newer students to practice moving into and out of a jazz box sequence.

16 count intro NO Tags or Restarts

S1: TOE STRUT, TOE STRUT, JAZZ BOX

1, 2, 3, 4	RF toes fwd, step weight RF, LF toes fwd, step weight LF

5, 6, 7, 8 Cross RF over LF, step LF back, step RF to R side, step LF forward

S2: TOE STRUT, TOE STRUT, JAZZ BOX (repeat S1)

1. 2. 3. 4	RF toes fwd	step weight RF. I	F toes fwd	sten weight LF

5, 6, 7, 8 Cross RF over LF, step LF back, step RF to R side, step LF forward

S3: SIDE, KICK ACROSS, SIDE, TOUCH X2

1, 2, 3, 4	Step RF to R side, kick LF across R leg, step LF to L side, touch RF beside LF
5, 6, 7, 8	Step RF to R side, kick LF across R leg, step LF to L side, touch RF beside LF

S4: BUMP RR, BUMP LL, WALK 3/4R

1. 2. 3. 4	Rumn	hins twice	to R side	humn h	hips twice to	al side
1. Z. U. T	Dullio	THUS LIVIUG	LU I V SIUC.	Dullible	IIDS LWIGE L	LSIUC

5, 6, 7, 8 Walk 3/4R: Stepping RF, LF, RF, LF (9:00)

Notes: The legendary Nina Simone was an American singer, songwriter, pianist, composer, arranger, and civil rights activist. She was originally from Tryon, North Carolina, about 45 miles from my home in the NC mountains.

Contact: info@LizAtkinsonDance.com