

Sogie Boogie

拍数: 40 墙数: 4 级数: High Beginner
编舞者: Ann Glidewell (USA) - September 2024
音乐: Just Once - David Lee Murphy



Starts on vocals

Toe, Heel, Triple In Place

- 1-4 Touch R toe next to L with R knee rolled inwards, touch R heel forward, recover R in place, step L in place, step R in place
- 5-8 Touch L toe next to R with L knee rolled inwards, touch L heel forward, recover L in place, step R in place, step L in place

Locking step

- 9-12 Step R forward, step L behind, step R forward, scuff L forward
- 13-16 Step L forward, step R behind, step L forward, step/stomp R

Heel splits x 2, Cross kicks

- 17-20 Swing heels apart with weight on toes, then bring heels back together, repeat
- 21-24 Weight on L kick R forward, kick R across in front of L, kick R forward, kick R behind L

Grapevine with rocking chair

- 25-28 Step R to side, step L behind R, step R to side, touch L to R
- 29-32 Step L forward, recover on R, step L back, recover on R
- 33-36 Step L to side, step R behind L, step L with $\frac{1}{4}$ turn to the left, scuff R
- 35-40 Step R forward, recover on L, step R back, recover on L

Repeat

No tags. No Restarts

Works with any two step song

Last Update - 4 Dec. 2024 - R1
