

Let's Boogie

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 1 级数: Intermediate
编舞者: Irene Groundwater (CAN)
音乐: Beverly Hills Boogie - Bo Schronce



SIDE SHUFFLE, ROCK BACK, ROCK FORWARD, FORWARD, ¼ TURN RIGHT, FORWARD, ¼ TURN RIGHT

1&2 Large side step right, close left to right, side step right
3-4 Rock back on left (turning body towards left), rock right forward (body facing front)
5-6 Left forward, pivot ¼ turn right onto right
7-8 Left forward, pivot ¼ turn right onto right

SIDE SHUFFLE, ROCK BACK, ROCK FORWARD, FORWARD, ¼ TURN LEFT, FORWARD, ¼ TURN LEFT

9&10 Large side step left, close right to left, side step left
11-12 Rock back on right (turning body towards right), rock left forward (body facing front)
13-14 Right forward, pivot ¼ turn left onto left
15-16 Right forward, pivot ¼ turn left onto left

FORWARD SHUFFLE, SIDE, CLOSE, FORWARD SHUFFLE, SIDE, CLOSE

17&18 Right forward, close left to right, right forward
19-20 Side step left, close right to left
21&22 Left forward, close right to left, left forward
23-24 Side step right, close left to right

CROSS, ¼ TURN LEFT, ¼ TURN LEFT WITH RIGHT SHUFFLE

25-26 Cross right in front of left, left forward facing ¼ turn left on step
27&28 Pivot ¼ turn left on left ball and side step right, close left to right, side step right

CROSS, SIDE, CROSS, SIDE, CLOSE

29&30 Cross left over right, side step right, cross left over right
31-32 Side step right, close left to right

HIP MOTION

33 Side step right bending knees on step
34 Push right hip out to right as you put weight on your right foot and straighten right knee
35 Bend both knees again transferring weight onto left foot
36 Push left hip out to left as you put weight on your left foot and straighten left knee

PIVOT ¼ TURN LEFT WITH RIGHT SIDE SHUFFLE

&37 Pivot ¼ turn left on left ball, large side step right
&38 Close left to right, side step right

PIVOT ½ TURN RIGHT WITH LEFT SIDE SHUFFLE

&39 Pivot ½ turn right on right ball, large side step left
&40 Close right to left, side step left

PIVOT ¼ TURN LEFT, 2 FUNKY WALKS FORWARD, CROSS, UNWIND ½ TURN LEFT

&41-42 Pivot ¼ turn left on left ball, cross right over left, cross left over right
43-44 Cross right over left, unwind ½ turn left (end with weight on left foot)

Optional: basic forward steps on 41 and 42 instead of funky walks

RUNNING MAN

45 Right forward (small step)
& Scoot back on right and lift left knee
46 Left forward (small step)
& Scoot back on left and lift right knee
47 Right forward (small step)
& Scoot back on right and lift left knee
48 Left forward (small step)

Optional: forward steps on counts 45,46,47 and 48 and clap hands on (&'s) in between counts

REPEAT
