

I Like To Boogie

拍数: 48 墙数: 2 级数: Improver
编舞者: Phil Dennington (UK)
音乐: I Love to Boogie - Marc Bolan & T. Rex



RIGHT AND LEFT FOOT SWIVELS

- 1-2 Fan right toe 45 degrees to right, fan right heel 45 degrees to right
- 3-4 Swivel right heel back to center, swivel right toe back to center
- 5-8 Repeat steps 1-4 with left foot

RIGHT AND LEFT SWIVETS

- 1-2 Weight on right toe, left heel swivel left toes left, and right heel right, return to center
- 3-4 Repeat steps 1-2
- 5-6 Weight on left toe, right heel, swivel right toes right and left heels left, return to center
- 7-8 Repeat steps 5-6

HEEL AND STEPS FORWARD

- 1-2 Touch right heel forward, lift right heel, step down
- 3-4 Touch left heel forward, lift left heel, step down
- 5-6 Touch right heel forward, lift right heel, step down
- 7-8 Touch left heel forward, lift left heel, step down

SIDE TOUCHES

- 1-2 Touch right toe out to right, back to center taking weight
- 3-4 Touch left toe out to left, back to center taking weight

Point hands and arms out, right, left

MONTEREY TURNS TURNING $\frac{1}{4}$

- 1-2 Touch right out to right, turning $\frac{1}{4}$ right bring back to center
- 3-4 Touch left out to left, bring left beside right

MONTEREY TURNS TURNING $\frac{1}{4}$

- 5-6-7-8 Repeat steps 1-4 (point arms, right left, right, left)

RUN FORWARD

- 1-4 Run forward, right, left, right, step left beside right(arms moving as if jogging)

SWAYING APPLEJACKS, BACK RIGHT COASTER

- &1 Weight on right toe and left heel, swivel toe and heel left return to center
- &2 Weight on left toe and right heel swivel toe and heel right, return to center
- &3 Weight on right toe and left heel swivel toe and heel left, return to center
- &4 Weight on left toe and right heel swivel toe and heel right
- 5&6 Step back right, step left beside right, step forward right
- 7-8 Step forward left, stomp right beside left

Toe and heel sways move hands and arms across body

REPEAT