Friday Night Boogie

级数: Intermediate

编舞者: Levi J. Hubbard (USA)

音乐: Just Got Paid - *NSYNC

KICK, KICK, SAILOR STEP (RIGHT, LEFT)

- 1-2 Kick right forward, kick right out to right side
- 3&4 Cross step right behind left, step left slightly to the side, step right slightly to the side
- 5-6 Kick left forward, kick left out to left side
- 7&8 Cross step left behind right, step right slightly to the side, step left slightly to the side

DIAGONAL JUMPS, SYNCOPATED JUMPS BACKWARD

- 9 Jump diagonally forward to the right with right & touch left next to right
- 10 Hold for 1 count

拍数: 48

- 11 Jump diagonally backward to the left with left & touch right next to left
- 11 Hold for 1 count
- &13 Jump right slightly backward, touch left next to right
- &14 Jump left slightly backward, touch right next to left
- &15 Jump right slightly backward, touch left next to right
- &16 Jump left slightly backward, touch right next to left

CROSS STEPS (RIGHT, LEFT)

- 17-18 Step right to side, step left behind right
- &19 Step right to side, cross left over right
- &20 Step right to side, touch left heel forward
- 21-22 Step left to side, step right behind left
- &23 Step left to side, cross right over left
- &24 Step left to side, touch right next to left

SHUFFLE FORWARD, TOE TOUCHES, ¼ TURN LEFT, TOE TOUCH, STEP

- 25&26 Step right forward, step left together, step right forward
- 27&28 Step left forward, step right together, step left forward
- 29& Touch right toe out to side, quickly step back in place
- 30& Touch left toe out to side, quickly step back in place
- 31& Turning ¼ turn (by pivoting on ball of left) touch right toe to side
- 32 Hop slightly forward feet shoulder length apart

HIP BOOGIES, HOP AND WIGGLE

- 33-36 Wiggle or bump hips for 4 counts
- 37 Hop forward landing on right then left
- 38-40 Wiggle or bump hips for 3 counts

HOP AND WIGGLES (FORWARD, FORWARD, BACKWARD)

- 41 Hop forward landing on left then right
- 42-44 Wiggle or bump hips for 3 counts
- & Hop forward landing on right then left
- 45-46 Wiggle or bump hips for 2 counts
- & Hop backward landing on left the right (keeping weight on left)
- 47-48 Wiggle or bump hips for 2 counts

REPEAT







墙数: 4

Option for the first 8 counts: KICK FORWARD, SIDE KICKS, CROSS STEP BEHIND, STEP & CROSS STEP

- 1Right kick forward2Right kick out to side
- 3 Right cross step behind left foot
- & Left step to side
- 4 Right cross step in front of left foot
- 5 Left kick forward
- 6 Left kick forward
- 7 Left cross step behind right foot
- & Right step to side
- 8 Left cross step in front of right foot