Bon-Go Boots



拍数: 64 墙数: 4 级数: Intermediate

编舞者: JayCee

音乐: The Bongo Song - Safroduo



HEEL & TOE TWICE, LEFT SIDE ROCK, LEFT SAILOR SHUFFLE

1&2& Dig right heel forward, step right back to place, tap left toe behind right heel, step left to place

3&4 Dig right heel forward, step right back to place, tap left toe behind right heel

5-6 Rock left to left side, recover weight on to right

7&8 Cross step left behind right, step right to right side, step left to place

EXTENDED LOCK STEP BACK, LEFT BACK ROCK, TWO STEP TURN RIGHT

9&10& Step back on right, step left in front of right instep, step back on right, step left in front of right

11&12 Step back on right, step left in front of right instep, step back on right

13-14 Rock back onto left, recover weight forward onto right
15 On ball of right make ½ turn right stepping back onto left
16 On ball of left make ½ turn right stepping forward onto right

HEEL & TOE TWICE, RIGHT SIDE ROCK, RIGHT SAILOR SHUFFLE

17&18& Dig left heel forward, step left back to place, tap right toe behind left heel, step left to place

19&20 Dig left heel forward, step left back to place, tap right toe behind left heel

21-22 Rock right to right side, recover weight onto right

23&24 Cross step right behind left, step left to left side, step right to place

EXTENDED LOCK STEP BACK, RIGHT BACK ROCK, TWO STEP TURN LEFT

25&26& Step back on left, step right in front of left instep, step back on left, step right in front of left

27&28 Step back on left, step right in front of left instep, step back on left

29-30 Rock back onto right, recover weight forward onto left
31 On ball of left make ½ turn left stepping back onto right
32 On ball of right make ½ turn left stepping forward onto left

HIP SWAYS, RIGHT SAILOR SHUFFLE, LEFT ROCK BACK

33-34 Step right to right side swaying hips to the right, sway hips to the left

35-36 Sway hips to the right, sway hips to the left

37&38 Cross step right behind left, step left to left side, step right to place

39-40 Rock back onto left, recover weight forward onto right

HIP SWAYS, LEFT SAILOR SHUFFLE, RIGHT ROCK BACK

41-42 Step left to left side swaying hips to the left, sway hips to the right

43-44 Sway hips to the left, sway hips to the right

45&46 Cross step left behind right, step right to right side, step left to place

47-48 Rock back onto right, recover weight forward onto left

CHASSE 1/4 TURN RIGHT, 1/2 TURN RIGHT, KICK, RIGHT COASTER STEP, LEFT SHUFFLE FORWARD

49&50 Step right to right, close left to right, step right making ¼ turn right

51-52 On ball of right make ½ turn right stepping back onto left, kick right foot forward

53&54 Step back right, step left beside right, step forward right 55&56 Step forward left, step right beside left, step forward left

JAZZY JUMPS FORWARD TWICE, FULL PADDLE TURN LEFT

Lamp forward stepping right, left with shoulder shimmy for added styling

58 Hold with shoulder shimmy

Lamp forward stepping right, left with shoulder shimmy

60 Hold with shoulder shimmy

Touch right toe forward & pivot ½ turn left, repeating a further three times to make a full turn

left

Optional styling: circle hips to make a full circle to the left on each paddle 1/4 turn left

REPEAT

TAG

When dancing to "The Bongo Song", after the 4th repetition dance the following 20 count tag (no new steps to master, the following three sections are a repeat of sections 5,6 & part of section 8)
HIP SWAYS, RIGHT SAILOR SHUFFLE, LEFT ROCK BACK

1-4 Step right to right side swaying hips to the right, sway to the left, sway right, sway left

5&6 Cross step right behind left, step left to left, step right to place

7-8 Rock back onto left, recover forward onto right

HIP SWAYS, LEFT SAILOR SHUFFLE, RIGHT ROCK BACK

9-12 Step left to left side swaying hips to the left, sway to the right, sway left, sway right

13&14 Cross step left behind right, step right to right, step left to place

15-16 Rock back onto right, recover forward onto left

JAZZY JUMPS FORWARD TWICE

&17-18 Jump forward right, left and hold, all with shoulder shimmies &19-20 Jump forward right, left and hold, all with shoulder shimmies

When dancing to "The Bongo Song", count 32 from the first base drumbeat at the very beginning of the music.