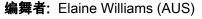
Boogie Out

拍数: 32

级数: Intermediate



音乐: Bring Out The Boogie In Me - Sonny & McGhee

墙数:4

- 1-2 Stepping forward onto right foot at 45 degrees, bump hips forward (rocking back onto left foot), bump hips back &3 Jump right foot slightly forward to right side, jump left foot slightly forward to left side (feet should be even with each other about shoulder width apart) &4 Jump right foot back to the center, jump left beside right 5 Rotate knees in a circular motion to the left 6 Rotate knees in a circular motion to the right (figure 8) &7 Step right foot to right side, change weight to left (ball change) &8 Step right behind & across left, rock forward onto left 9-10 Step onto right toe to right side, step down on right heel (toe strut) 11-12 Step left behind & across right, rock forward onto right &13 Step left foot to side, change weight to right (ball change) &14 Step left behind & across right, rock forward onto right 15-16 Step onto left toe to left side, step down on left heel (toe strut) 17-18 Step right behind & across left, rock forward onto left Step right foot to right side (bumping right hip to right side), rock back onto left foot, close 19&20 right beside left (clicking fingers of both hands at chest height)
- 21&22 Step left foot to left side (bumping left hip to left side), rock back onto right foot, close left beside right (clicking fingers of both hands at chest height)
- 23-24 Step right foot across in front of left while bending knees touch left toe to left side while straightening upright and shimmy shoulders right-left-right
- 25-26 Step left foot across in front of right while bending knees touch right toe to right side while straightening upright and shimmy shoulders right-left-right
- 27-28 Step right foot forward, push weight off right turning ¼ turn left
- 29-30 Step right foot forward, push weight off right turning ½ turn left
- 31-32 Step right foot forward at 45 degrees right bumping hips forward, rock backwards onto left bumping hips back

REPEAT