

Boogie Out

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Elaine Williams (AUS)
音乐: Bring Out The Boogie In Me - Sonny & McGhee



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- 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
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- 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)
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- 17-18 Step right behind & across left, rock forward onto left
- 19&20 Step right foot to right side (bumping right hip to right side), rock back onto left foot, close 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
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- 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 $\frac{1}{4}$ turn left
- 29-30 Step right foot forward, push weight off right turning $\frac{1}{2}$ turn left
- 31-32 Step right foot forward at 45 degrees right bumping hips forward, rock backwards onto left bumping hips back

REPEAT
