

Boogie Rhythm

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lee Crooks (UK) & Glad Jackson (UK)
音乐: Canned Heat - Jamiroquai



TOE TOUCH BACK WITH ½ TURN LEFT, RIGHT SHUFFLE FORWARD, STEPS TO THE SIDE, CHASSE TO LEFT SIDE

1-2 Touch left toe back, on balls of feet pivot ½ turn left
3&4 Step forward right, step left beside right, step forward right
5-6 Step left foot to left side, step right beside left
7&8 Step left to left side, step right beside left, step left to left side

CROSS ROCK RIGHT OVER LEFT, CHASSE TURNING TO THE RIGHT ¼ TURN, STEP PIVOT, SHUFFLE FORWARD LEFT

1-2 Cross rock right foot over left, step on to left in place
3&4 Step right to right side, step left beside right, step right foot ¼ turn right
5-6 Step left foot forward, pivot ½ turn right
7&8 (Weight on right) step forward left, step right beside left, step forward left

HEEL AND TOE SWITCHES, PIVOT ¼ TURN TO LEFT

1& Touch right heel forward, step right beside left
2& Touch left toe back, step left beside right
3& Touch right toe back, step right beside left
4& Touch left heel forward, step left beside right
5& Touch right heel forward, step right beside left
6& Touch left heel forward, step left beside right
7-8 Step forward on right foot, pivot ¼ turn left transferring weight on to left foot

MAMBO TO RIGHT, MAMBO TO LEFT, CROSS AND UNWIND, CLAP, SHUFFLE BACK

1&2 Rock right foot to right side, step left in place, cross right foot over left
3&4 Rock left foot to left side, step right in place, cross left foot over right
5-6 Unwind ½ turn right, clap hands together once
7&8 Step back right, step left beside right, step back right

REPEAT
