

Boogie Shoes

拍数: 40 墙数: 4 级数:
编舞者: Kelly Gellette
音乐: Sweet Little Shoe - Dan Seals



JAMES BROWN RIGHT AND LEFT

- 1 Step side right, swivel right toes right, drag left foot
- 2 Swivel right heel right, drag left foot
- 3 Swivel right toes right, drag left foot
- 4 Swivel right heel right, drag left foot
- 5 Step side left, swivel toes to the left, drag right foot
- 6 Swivel left heel left, drag right foot
- 7 Swivel left toes left, drag right foot
- 8 Swivel left heel left, drag right foot

BOOGIE, RIPPLE

- 9 Push right toes toward center, lift right hip and circle right knee toward right side
- 10 Step diagonally forward right
- 11 Push left toes toward center, lift left hip and circle left knee toward left side
- 12 Step diagonally forward left
- 13 Step diagonally forward right, drop (bend knees) hips back, place both hands on back of head
- 14 Push pelvis forward and start to rise
- 15 Drop shoulders inward, pull in stomach
- 16 Push pelvis forward, lift diaphragm, push shoulders back, place weight on right foot

STROLL LEFT, RIGHT

- 17 Step diagonally left forward
- 18 Cross right behind left
- 19 Step forward left
- 20 Touch right toes to left foot
- 21 Step diagonally forward right
- 22 Cross left behind right
- 23 Step forward right
- 24 Touch left toes to right foot

FOURTH TURN AND DRAG

- 25 Step forward left
- 26 Step forward right with $\frac{1}{4}$ turn to left
- 27 Step in place left
- 28 Step together right
- 29 Step side left
- 30 Hold
- 31 Drag right foot to left
- 32 Clap hands

CIRCLE HIPS, SPLITS, FAST HEEL SPREADS

- 33 Touch left diagonally forward, roll left hip forward
- 34 Step together left, roll left hip back
- 35 Touch right diagonally forward, roll right hip forward
- 36 Step together right, roll right hip back

- & Step side left on ball of foot
- 37 Step right side on ball of foot
- & Step to center left
- 38 Step to center right (step together)
- & Heel splits
- 39 Bring heels together
- & Split heels
- 40 Bring heels together

REPEAT
