

Boogie Shoes

COPPER KNOB
BY STEPHEN

拍数: 0 墙数: 4 级数: Improver
编舞者: Raymond Sarlemijn (NL)
音乐: Boogie Shoes - KC and the Sunshine Band



Sequence: AB, AB, AB, BB

PART A

WALK WALK, ¼ TURN RIGHT SAILOR STEP, CROSS, SIDE, CROSS SHUFFLE

- 1 Walk forward on right foot
- 2 Walk forward on left foot
- 3 Turn ¼ over right, while doing this step backward right foot
- & Left foot next to right foot
- 4 Step forward right foot
- 5 Left foot cross in front right foot
- 6 Right foot step to right
- 7 Left foot cross in front right foot
- & Right foot next to left foot
- 8 Left foot cross in front right foot

ROCK STEP, ¼ TURN RIGHT COASTER STEP, WALK, ½ TURN LEFT, COASTER STEP

- 1 Rock right foot to right
- 2 Recover weight on left foot
- 3 Turn ¼ right, while doing this step right foot backwards
- & Left foot next to right foot
- 4 Right foot step forward
- 5 Left foot step forward
- 6 Right foot step forward, while doing this turn ½ left
- 7 Left foot step backwards
- & Right foot next to left foot
- 8 Left foot step forward

HIP BOUNCE FORWARD, TURN ¼, HIP BOUNCE, HIP BOUNCE ¼ TURN, HIP BOUNCE

- 1 Right foot point forward, while doing this bounce right hip forward, but keep weight on left foot
- 2 Turn ¼ over left and put weight on right foot
- 3 Point left foot to left, while doing this bounce left hip to left, but keep weight on right foot
- 4 Put weight on left foot
- 5 Right foot point forward, while doing this bounce right hip forward, but keep weight on left foot
- 6 Turn ¼ over left and put weight on right foot
- 7 Point left foot to left, while doing this bounce left hip to left, but keep weight on right foot
- 8 Put weight on left foot

JAZZ BOX ¼ TURN RIGHT, SHUFFLE, ROCK STEP, ½ TURN LEFT, SHUFFLE

- 1 Cross right foot in front of left foot
- 2 Left foot step backwards
- 3 Turn ¼ over right and step right foot forward
- & Left foot next to right foot
- 4 Right foot step forward
- 5 Left foot rock forward
- 6 Recover weight on right foot
- 7 Turn ¼ over left and left foot to left

- & Right foot next to left foot
8 Turn $\frac{1}{4}$ over left and left foot step forward

PART B

KICK BALL CROSS, SLIDE, KICK BALL CROSS, SLIDE

- 1 Kick right foot forward
& Right foot next to left foot
2 Left foot cross in front right foot
3 Right foot slide to right
4 Left foot touch next to right foot
5 Kick left foot forward
& Left foot next to right foot
6 Right foot cross in front left foot
7 Left foot slide to left
8 Right foot touch next to left foot

$\frac{1}{4}$ TURN LEFT, $\frac{1}{4}$ TURN LEFT, FREE EXPRESSION (BOOGIE)

- 1 Right foot step forward
2 Turn $\frac{1}{4}$ over left and put weight on left foot
3 Right foot step forward
4 Turn $\frac{1}{4}$ over left and put weight on left foot
5-6-7&8 Free expression on the spot, for example, swing your hips from one side to the other and bounce with the upper body

KICK BALL CHANGE, TURN $\frac{1}{2}$ RIGHT, BACK AND CROSS, BACK AND CROSS

- 1 Right foot kick forward
& Right foot next to left foot
2 Left foot step forward
3 Right foot lock backwards left foot
4 Turn $\frac{1}{2}$ right
5 Right foot step backwards left foot
& Left foot step to left
6 Right foot cross in front left foot
& Left foot step to left
7 Right foot step backwards left foot
& Left foot step to left
8 Right foot cross in front left foot

SLIDE TO LEFT, KNEE BOUNCE, KNEE BOUNCE, KNEE BOUNCE

- 1 Left foot slide to left
2 Right foot touch next to left foot
3 Bend both knee and put right hand up
& Straighten both knees, still hand up
4 Bend both knees and lower hand
5 Bend both knee and lean forward with upper body
& Straighten both knees, still lean forward
6 Bend both knees and get the body up
7 Bend both knee and put right hand up
& Straighten both knees, still hand up
8 Bend both knees and lower hand
-