Boogie Woogie Blues



拍数: 64 墙数: 2 级数:

编舞者: Trish Boesel (USA)

音乐: Rockin' Pneumonia - Ronnie McDowell



SHUFFLE BACK, TAP-TAP-STEP, 1/2 SHUFFLE TURN LEFT, COASTER STEP

1&2 Shuffle back right, left, right

Touch left toe back, touch left next to right, step forward on left

Step forward on right into ¼ turn left, step left next to right, step to side on right into ¼ turn

left

7&8 Step back on left, step right next to left, step forward on left

SHUFFLE FORWARD, & HEEL & STEP FORWARD, STEP, TAP-SCOOT-BACK

1&2 Shuffle forward right, left, right

&3&4 Step back on left, tap right heel forward, step right center, step forward on left

Styling note: push hands out in front with palms forward as if pushing back

5-6 Step forward right, step forward left

7&8 Tap right toe behind left, scoot back on left, step back on right

SHUFFLE BACK, 1/4 TURN & CROSS, FULL TURN, SHUFFLE FORWARD

1&2 Shuffle back left, right, left

&3-4 Step right into ¼ turn right, cross left over right, hold

5-6 Step right back into ½ turn right, step forward on left into ½ turn right

7&8 Shuffle forward right, left, right (towards 9:00 wall)

& CROSS, HOLD, & CROSS, HOLD, & CROSS, TURN ½, & FORWARD, & BACK

&1-2 Step left to side, cross right over left, hold &3-4 Step left to side, cross right over left, hold

&5-6 Step left to side, cross right over left (weight remains on left), ½ turn left (weight remains left)

&7&8 Step forward on right, step left next to right, step back on right, step left next to right

Styling note: shimmy shoulders on & back & back

TRIPLE STEP, TRIPLE STEP, CROSS-TURN, STEP, TOUCH, STEP

Triple step right, left, right (styling: progress slightly to right)
Triple step left, right, left (styling: progress slightly to left)

5-8 Cross right behind left into ¼ turn right, step forward on left, touch right toe forward, step right

in place

STEP, PIVOT, 34 SHUFFLE TURN, SAILOR SHUFFLE, SAILOR SHUFFLE

1-2 Step forward on left, pivot ½ turn right onto right

Step forward on left into ¼ turn right, step right into ¼ turn right, step left into ¼ turn right

Sailor shuffle: cross right behind left, step to side on ball of left, step to side on left

Sailor shuffle: cross left behind right, step to side on ball of right, step to side on left

Styling note: these sailor shuffles travel slightly backwards

STEP, PIVOT, 34 TURN, SAILOR SHUFFLE, SAILOR SHUFFLE

1-2 Step forward on right, pivot ½ turn left onto left

Step forward on right into ¼ turn left, step left into ¼ turn left, step right into ¼ turn left
Sailor shuffle: cross left behind right, step to side on ball of right, step to side on left
Sailor shuffle: cross right behind left, step to side on ball of left, step to side on right

Styling note: these sailor shuffles travel slightly backwards

& STEP FORWARD RIGHT, LEFT, RIGHT, BRUSH, CROSS, & BACK, & BACK, HOLD

&1-4 Step left next to right, step forward right, step forward left, step forward right, brush left

forward

5 Cross step left over right

&6&7 Step back on right, cross left over right, step back on right, cross left over right

8 Hold

Styling note: shimmy shoulders on counts "&6&7"

REPEAT