

Blame It On The Boogie

拍数: 32 墙数: 4 级数: Beginner
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音乐: Blame It On The Boogie - Jay Kid



STEP LEFT, TOUCH FORWARD, STEP RIGHT, TOUCH FORWARD, STEP LEFT, TOUCH BACK, STEP RIGHT, TOUCH BACK

- 1-2 Step left foot to left side, touch right foot across and in front of left foot
- 3-4 Step right foot to right side, touch left foot across and in front of right foot
- 5-6 Step left foot to left side, touch right foot behind left foot
- 7-8 Step right foot to right side, touch left foot behind right foot

SHUFFLE LEFT, ROCK, RECOVER, SHUFFLE RIGHT WITH ¼ TURN RIGHT, ¼ TURN RIGHT WITH SLIDE LEFT

- 1&2 Step left foot to left side, close right foot next to left foot, step left foot to left side
- 3-4 Rock back onto right foot, recover onto left foot
- 5&6 Step right foot to right side, close left foot next to right foot, step right foot to right side making ¼ turn right
- 7-8 Making ¼ turn right slide to left side with left foot, touch right foot next to left foot

CHARLESTON STEPS: FORWARD, TOUCH, BACK, TOUCH, FORWARD, TOUCH, BACK, TOUCH

- 1-2 Step forward on right foot, touch left toe forward
- 3-4 Step back on left foot, touch right toe back
- 5-6 Step forward on right foot, touch left toe forward
- 7-8 Step back on left foot, touch right toe back

STEP ¼ TURN LEFT, SLIDE LEFT, TOUCH, OUT, OUT, IN, CROSS, UNWIND RIGHT ½ TURN

- 1-2 Step right foot forward make, pivot ¼ turn left
- 3-4 Slide to left side with left foot, touch right foot next to left foot
- &5&6 Step right foot to right side, step left foot to left side, step right foot in place, cross left foot over right foot
- 7-8 Unwind over right shoulder ½ turn, (ending with weight on right foot)

REPEAT

HAND MOTIONS

"Blame it on the sunshine": both hands in circular motion like an "O" in front of you

"Blame it on the moonlight": both hands move out from the waist, palms facing up

"Blame it on the good time": pull both arms (on both sides) inward (with a pelvic thrust)

"Blame it on the boogie": roll both hands over each other (like in the nursery rhyme song "This Old Man" - the part where it says "This old man came rolling home")
