

Beach Bop Boogie

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jo Thompson Szymanski (USA) & Rita Thompson (USA)
音乐: Jam Up and Jelly Tight - Scooter Lee



This beginner dance was introduced in Virginia Beach, VA at the 2003 National Senior Olympic Summer Games and was created to go with Funky music or WCS songs so the floor can be split to give a low impact alternative for the higher impact dances such as Chill Factor, etc

STEP, HOLD, STEP, HOLD, STEP, HOLD, STEP, HOLD WITH OPTIONAL ARMS

- 1-2 Step forward with right foot, hold
- 3-4 Step forward with left foot, hold
- 5-6 Step forward with right foot, hold
- 7-8 Step forward with left foot, hold

Option: for optional styling on the above 8 counts, when stepping with the right foot (counts 1 and 5), place right hand on right hip, left hand behind head and look slightly to the right as if you are posing. When stepping with the left foot (counts 3 and 7), place left hand on left hip, right hand behind head and look slightly to the left as if you are posing. In other words, you will be switching hands on each step, looking right, left, right, left

HEEL, STEP, HEEL, STEP, HEEL, STEP, HEEL, STEP MOVING BACK

- 1-2 Touch right heel forward, small step back with right foot
- 3-4 Touch left heel forward, small step back with left foot
- 5-6 Touch right heel forward, small step back with right foot
- 7-8 Touch left heel forward, small step back with left foot

VINE RIGHT 3, TOGETHER, TOE FAN LEFT TWICE

- 1-2 Step right foot to right side, step left foot crossed behind right
- 3-4 Step right foot to right side, place left foot beside right, weight on right foot
- 5-6 Fan left toe to left side (left heel doesn't move), bring left toe back in
- 7-8 Fan left toe to left side (left heel doesn't move), bring left toe back in

VINE LEFT, ¼ TURN LEFT, TOUCH, STEP OUT, OUT, IN, IN

- 1-4 Step left foot to left side, step right foot crossed behind left, turn ¼ left, step forward with left foot, touch right foot beside left
- 5-8 Step right foot out to right side, step left foot out to left side, step right foot in so that it is under body, step together with left

REPEAT