

Bad Boogie

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Naomi Ross
音乐: If You Can't Be Good, Be Good At It - Neal McCoy



JAZZ JUMPS

&1-2 Jump forward on to right & step left, clap hold
&3-4 Jump back on to right & step left, clap hold

ADVANCE HIP BUMPS

&5-6 Advance forward on to right, bump hips to right twice (weight on right)
&7-8 Advance forward on left, bump hips to left twice (weight on left)

FOUR WALKS FORWARD

1-2 Walk forward right, walk forward left
3-4 Walk forward right, step left.

TWO MONTEREY TURNS TO THE RIGHT

5-6 Touch right foot to the right side, ½ turn to right as you step next to left
7-8 Touch left foot to left side, step left foot next to right
1-2 Touch right foot to the right side, ½ turn to right as you step next to left
3-4 Touch left foot to left side, stomp left

SHUFFLE RIGHT, STOMP SCUFF LEFT

5&6 Shuffle once to the right
7-8 Stomp left and scuff your left heel to the right

CROSS SIDE, SAILOR SHUFFLE

1-2 Cross left over right, step right to right side
3 Cross left behind right
&4 Step right to right side, step in place with left foot (weight on left slightly apart)

CROSS SIDE, SAILOR SHUFFLE

5-6 Cross right over left, step left to left side
7 Cross right behind left
&8 Step left to left side, ¼ turn right and step in place with right foot (weight on right slightly apart)

ADVANCING HIP BUMPS

1-2 Advance forward on left, bump hips to the left twice
3-4 Forward on right, bump hips to the right twice
5-8 Repeat (weight ends up on the right)

STEP, ½ PIVOT, TWO WALKS

1-2 Step forward on left ½ pivot to the right, shifting weight to right foot
3-4 Step forward on left, step right foot together (weight on right)

LEFT TOE, RIGHT TOE, ½ TURN & LEFT HEEL FORWARD RIGHT TOE BACK

5& Touch left toe to side & step together left
6 Touch right toe to right side
& ½ turn to the left, and step together right
7& Touch left heel forward and step together left

8

Touch right toe back

REPEAT
