Straighten Up, Boogie Down



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Terry Rauhihi (NZ) - March 2013 音乐: Off the Wall - Michael Jackson



Intro: 16 Counts When Strong Beat Kicks In (After Ghost Like Vocals)

SHUFFLE BOX

1 & 2	Turning 1/4 Left (Over Right Shoulder) Side Shuffle Right – Left – Right (9 O'Clock)
3 & 4	Turning 1/4 Left (Over Left Shoulder) Side Shuffle Left – Right – Left (6 O'Clock)
5 & 6	Turning 1/4 Left (Over Right Shoulder) Side Shuffle Right – Left – Right (3 O'Clock)
7 & 8	Turning 1/4 Left (Over Left Shoulder) Side Shuffle Left – Right – Left (12 O'Clock)

ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, SHUFFLE FORWARD

1 - 2 - 3 & 4	Rock Forward On Right, Recover Onto Left, Shuffle Back Right – Left – Right
5-6-7 & 8	Rock Back On Left, Recover Onto Right, Shuffle Back Left – Right – Left

1/2 PIVOT, SHUFFLE FORWARD, 1/2 PIVOT, SHUFFLE FORWARD

1 – 2 – 3 & 4	Step Forward On Right, ½ Turn Left & Shuffle Forward Right – Left – Right
5-6-7 & 8	Step Forward On Left, ½ Turn Right & Shuffle Forward Left – Right – Left

SIDE ROCK, BEHIND - SIDE - CROSS, SIDE ROCK, BEHIND - SIDE - CROSS

- 1 2 3 & 4 Rock Right To Side, Recover Weight Onto Left, Cross Right Behind Left, Step Left To Side, Cross Right Over Left
- 5 6 7 & 8 Rock Left To Side, Recover Weight Onto Right, Cross Left Behind Right, Step Right To Side, Cross Left Over Right

HEEL SWITCHES WITH CLAPS

- 1 & 2 & 3 & 4 Tap Right Heel Forward, Step Right Next To Left, Tap Left Heel Forward, Step Left Next To Right, Tap Right Heel Forward, Clap Twice (& 4)
- & 5 & 6 & 7 & 8 Step Right Next To Left, Tap Left Heel Forward, Step Left Next To Right, Tap Right Heel Forward, Step Right Next To Left, Tap Left Heel Forward, Clap Twice (& 8)

SYNCOPATED JAZZ SQUARE WITH 1/4 TURN, RIGHT ROCKING CHAIR

- & 1 2 3 4 Step Back On Left Making ¼ Turn Right, Cross Right Over Left, Step Back On Left, Step Right To Side, Close Left Beside Right
- 5 6 7 8 Rock Forward On Right, Recover Onto Left, Rock Back On Right, Recover Onto Left (3 O'Clock)

REPEAT

TAG: At The End Of Walls 2, 4 & 7 There Is A 4 Count Tag RIGHT ROCKING CHAIR

1 – 2 – 3 – 4 Rock Forward On Right, Recover Onto Left, Rock Back On Right, Recover Onto Left

RESTARTS:-

On Wall 5 There Is A Restart After 1st 32 Counts (After Both Lots Of Side Rock, Behind – Side – Cross) (This Now Becomes Wall 6)

On Wall 8 There Is A Restart After 1st 36 Counts (After 1st Lot Of Heel Switches) (This Now Becomes Wall 9) On Wall 9 There Is A Restart After 1st 36 Counts (After 1st Lot Of Heel Switches) (This Now Becomes Wall 10)

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