

Pas De Boogie Woogie

COPPERKNOB
STEPSHEETS

拍数: 120 墙数: 2 级数: Phrased Intermediate
编舞者: Don Pascual (FR) - September 2011
音乐: Pas de boogie woogie - Eddy Mitchell



Start on the word "une" (First main beat after 32 seconds): J'ai pris UNE dose de whisky ...
Sequence: A-B-A-B-A56- Tag+Restart -A-B-B36(final)

Part A: 72 counts - Part B: 48 counts

Part A:

Section 1: Stomp R fwd, clap, stomp L fwd, clap, R toe-heel-cross, hold

1-2 Stomp R forward, clap
3-4 Stomp L forward, clap
5-8 Tap R Toe beside L (R knee inward), tap R heel forward (R diagonal), cross R over L, hold

Section 2: Stomp L fwd, clap, stomp R fwd, clap, L toe-heel-cross, hold

1-2 Stomp L forward, clap
3-4 Stomp R forward, clap
5-8 Tap L Toe beside R (L knee inward), tap L heel forward (L diagonal), cross L over R, hold

Section 3: Point R to the R, touch R beside L, step R to the R, hold, L heel-toe-heel swivel to the R, hold

1-4 Point R toe to the R, touch R beside L, step R to the R, hold
5-8 Swivel L heel to the R, swivel L toe to the R, swivel L heel to the R (ending L beside R, weight on R), hold

Section 4: Point L to the L, touch L beside R, step L to the L, hold, R heel-toe-heel swivel to the L, hold

1-4 Point L toe to the L, touch L beside R, step L to the L, hold
5-8 Swivel R heel to the L, swivel R toe to the L, swivel R heel to the L (ending R beside L, weight on L), hold

Section 5: Step R fwd, touch L beside R & snap, step L backward, touch R beside L & snap, step R backward, touch L beside R & snap, step L fwd, touch R beside L & snap (all steps in diagonals)

1-2 Step R forward (R diagonal), touch L beside R + snap
3-4 L back step (L diagonal), touch R beside L + snap
5-6 R back step (R diagonal), touch L beside R + snap
7-8 Step L forward (L diagonal), touch R beside L + snap

Section 6: Step R fwd, 3 heel bounces making ½ T to the L, sugar foot R, L, R, L (rising your hands)

1-4 Step R forward, heel bounces x 3 making a L ½ T (Lift and drop both heels x 3)
5-6 Swivel L heel to the L and step R in R diagonal, swivel R heel to the R and step L in L diagonal
7-8 Swivel L heel to the L and step R in R diagonal, swivel R heel to the R and step L in L diagonal

Style: On counts 5 to 8, raise gradually your hands (palms upward)

Section 7: Step R fwd, point L behind R (joining hands making a prayer), Step L backward, R heel fwd (opening your arms), step R beside L, step L forward, L scoot forward x2, stomp up R beside L

1-2 Step R forward, tap L toe behind R (joining your hands making a prayer)
3-4 L back step, R heel forward (opening your arms)
&5 Step R beside L, step L forward
6-7-8 L scoot forward, L scoot forward, stomp up R beside L *

Section 8: R heel bounces x 4 (placing R arm to right, looking & pointing index finger to 3:00), L heel bounces

x 4 (placing L arm to left, looking & pointing index finger to 9:00)

- 1-4 R heel bounces x4 (Lift and drop R heel) placing gradually R arm to right, looking & pointing index finger to 3:00
- 5-8 L heel bounces x4 (Lift and drop L heel) placing gradually L arm to left, looking & pointing index finger to 9:00

Section 9: Swivel R, L, R, L (opening your arms and then joining your hands as if you were praying)

- 1-2 Weight on L ball and R heel, swivel both toes to the R, recover (on count 1 open your arms, on count 2 join your hands as if you were praying)
- 3-4 Weight on R ball and L heel, swivel both toes to the L, recover (on count 3 open your arms, on count 4 join your hands as if you were praying)
- 5-6 Weight on L ball and R heel, swivel both toes to the R, recover (on count 5 open your arms, on count 6 join your hands as if you were praying)
- 7-8 Weight on R ball and L heel, swivel both toes to the L, recover (on count 7 open your arms, on count 8 join your hands as if you were praying)

Part B:

Section 1: (Step R to the R, touch L beside R & clap, step L to the L, touch R beside L & clap) x2

- 1-2 Step R to the R, touch L beside R + clap
- 3-4 Step L to the L, touch R beside L + clap
- 5-6 Step R to the R, touch L beside R + clap
- 7-8 Step L to the L, touch R beside L + clap

Section 2: L&R heel jacks, step R to the R, touch L beside R & clap, step L to the L, touch R beside L & clap

- &1&2 Step back on R, touch L heel forward (L diagonal), step L in place, step R beside L
- &3&4 Step back on L, touch R heel forward (R diagonal), step R in place, step L beside R
- 5-6 Step R to the R, touch L beside R + clap
- 7-8 Step L to the L, touch R beside L + clap

Section 3: Step R to the R, touch L beside R & clap, step L to the L, touch R beside L & clap, L&R heel jacks

- 1-2 Step R to the R, touch L beside R + clap
- 3-4 Step L to the L, touch R beside L + clap
- &5&6 Step back on R, touch L heel forward (L diagonal), step L in place, step R beside L
- &7&8 Step back on L, touch R heel forward (R diagonal), step R in place, step L beside R

Section 4: (R jazz box making a ¼ T to the R) x2

- 1-4 Cross R over L, step L behind, ¼ Turn to the R and step R to R side, step L forward
- 5-8 Cross R over L, step L behind, ¼ Turn to the R and step R to R side, step L forward

Section 5: Step R fwd, point L behind R (joining hands making a prayer), Step L backward, R heel fwd (opening your arms), step R to the R, touch L beside R & clap, step L to the L, touch R beside L & clap

- 1-2 Step R forward, tap L toe behind R (joining your hands making a prayer)
- 3-4 L back step, R heel forward (opening your arms)
- 5-6 Step R to the R, touch L beside R + clap
- 7-8 Step L to the L, touch R beside L + clap

Section 6: Step R to the R, touch L beside R & clap, step L to the L, touch R beside L & clap, L&R heel jacks

- 1-2 Step R to the R, touch L beside R + clap
- 3-4 Step L to the L, touch R beside L + clap
- &5&6 Step back on R, touch L heel forward (L diagonal), step L in place, step R beside L
- &7&8 Step back on L, touch R heel forward (R diagonal), step R in place, step L beside R

Style: Sections 1,2,3,5,6: clap above your head, in a gospel style

While making the heel jacks, open your arms and then bring them together in front of your chest

*** Tag + Restart:**

Dance ABAB and the first 7 sections of part A (56 accounts) replacing the R stomp up with a R stomp, then facing 6h00 add the 4 following counts:

[1-4]: Elvis knees L,R,L,R

1-2 Bend L knee (inward, lifting L heel), recover & bend R knee (inward, lifting R heel)

3-4 Recover & bend L knee (inward, lifting L heel), recover & bend R knee (inward, lifting R heel)

Then Restart with part A

Final: Dance the 36 first accounts of part B, ending the dance facing 12h00

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