

Boatdock

拍数: 48 墙数: 4 级数: Easy Intermediate
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音乐: Boatdock (Men of Distinction)



Start on vocals

Section 1: Stomp up R forward, lift and drop R heel x 3, Stomp up L forward, lift and drop L heel x 3

1 Stomp up R forward
&2&3&4 Lift and drop R heel x 3
5 Stomp up L forward
&6&7&8 Lift and drop L heel x 3

Style: -

On counts &2...4, make an arc of circle to your right with your R arm

On counts &6...8, make an arc of circle to your left with your L arm

Section 2: Stomp R forward, clap, stomp L forward, clap, sugar foot R, L, R, touch

1-2 Stomp R forward, clap
3-4 Stomp L forward, clap
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, touch L toe beside R

Section 3: L side shuffle, R back rock step, R side shuffle, L back rock step

1&2 Step L to the L, R beside L, step L to the L
3-4 Rock back on R foot, recover onto L
5&6 Step R to the R, L beside R, step R to the R
7-8 Rock back on L foot, recover onto R

Section 4: Tap L toe to the L, slightly to the R, L beside R, monterey turn, swivel to the R

1&2 Tap L toe to the L, move your L toe closer to R foot and tap your L toe, L beside R
3-6 Point R to R side, ½ T right on ball of L foot stepping R beside L, point L to L side, step L beside R
7-8 Swivel R toe/L heel out, swivel R toe/L heel in

Style: On count 7, you can point your R index finger at your hat, turning your head to your Right

Section 5: L sailor step, R sailor step with R ¼ T, R dwight steps in place with L kicks

1&2 Cross L behind R, R to R side, L to L side
3&4 Cross R behind L making a ¼ T to the R, L to L side, R to R side
5-6 Swivel R heel to the L touching L toe beside R, swivel R heel to the R & L kick forward
7-8 Swivel R heel to the L touching L toe beside R, swivel R heel to the R & L kick forward

Section 6: L back step, L back scoot x 3, L & R heel jacks

1 L back step
2-4 L back scoot (with R back flick) X 3
&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: On counts 2-4, point your R index finger at your hat

Have fun with this dance !!!

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