Boogie Shoes



拍數: 64 牆數: 1 級數: Improver

編舞者: Cheryl Williams (USA) - June 2015

音樂: Boogie Shoes - KC and the Sunshine Band: (1995)



No Tags Or Restarts

Sec. 1:□□R & L Sailor Steps, Step, ½ Turn, Step, ½ Turn

1&2, 3&4 Step R behind L, Step L to L side, Step R to R side, Step L behind R, Step R to R side, Step

L to L side

5,6,7,8 Step R fwrd, pivot ½ turn to L, step R fwrd, pivot ½ turn to L taking weight to L

Sec. 2:□□Toe Switches, Drag, Step – repeat pattern

1&2&3,4 Touch R toe fwrd, R to center, touch L toe fwrd, L to center, touch R toe fwrd, drag R in, step

on R

5&6&7,8 Touch L toe fwrd, L to center, touch R toe fwrd, R to center, touch L toe fwrd, drag L in, step

on L

Sec. 3:□□Touch, Step - repeat 4X

1,2,3,4 Touch R to R side, Step R back, Touch L to L side, Step L back

5,6,7,8 repeat 1-4

Sec. 4:□□Syncopated Touches, Toe Switches, Ronde, Touch

1&2& Touch R out to side, to center, to side, step R fwrd 3&4& Touch L out to side, to center, to side, step L fwrd

5&6& Touch R out to side, Step R slightly fwrd, touch L out to side, Step L slightly fwrd

7.8 Sweep R small circle back to front, ending in a touch next to L

Sec. 5: ☐ ☐ Heel Taps, Touch, Hook, Touch, Flick

1,2,3,4 Touch R heel fwrd, bring R to center, Touch L heel fwrd, bring L to center

5,6,7,8 Touch R heel to diagonal, hook R over L shin, touch R heel to diagonal, flick R behind L calf

Sec. 6:□□Step, Shimmy (boogie), Hitch –repeat pattern

1,2-3,4 Big step to R, shimmy (boogie) shifting weight to R taking weight and hitching L on count 4 5,6-7,8 Big step to L, shimmy (boogie) shifting weight to L taking weight and hitching R on count 8

Sec. 7:□□Repeat Sec. 5

Sec. 8:□□Repeat Sec.6

Optional song ending – instead of hitching R, cross R over L and do a full turn unwind to end dance with flair-ta da!!

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Step sheet prepared by Donna Manning based on video provided by Cheryl Williams

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