

The Boogie

拍數: 64

牆數: 0

級數: Intermediate / Advanced - Non-Country

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音樂: The Boogie - Outasight



Intro: 16 counts from start of track (10 seconds) □

Phrased : A = 16 counts, B = 32 counts, C = 16 counts

Sequence: □ A,A,B, C,C, A,A,B, C,C, A,A, TAG, B, C,C

A: 16 counts

A[1-8&] □ Right Heel Out, Left Heel Out, In, In, Right Foot Forward, Together, Kick right foot forward, Step Right foot next to Left foot, Left Heel Forward, Left Foot Together, Touch Right Foot Behind Left Foot, Step Right Foot Back, Kick left foot forward, Step left foot together, Step right foot forward, 1/4 turn stepping left foot to side, Touch right foot behind left foot

1&2& Right heel to right diagonal, left heel to left diagonal, step right foot back, step left foot next to right foot

3&4 Kick right foot forward, step right foot next to left foot, left heel forward

&5&6 Step left foot next to right foot, touch right foot behind left foot, step right foot back, kick left foot forward (option: on counts &5 drop head down, on count 6 raise Right hand beside face with open palm)

&7&8 Step left foot next to right foot, step right foot forward, ¼ turn right step left foot to left side, touch right foot behind left foot

A[9-16] □ 1/4 turn right stepping right foot forward, 1/2 Turn right stepping left foot back, 1/2 turn right with a triple step forward (right left right), Kick left foot forward, Step left foot next to right foot, Rock right foot to right side, recover, Step right foot next to left foot, Point left foot to left side, Step left foot next to right foot

1,2 1/4 turn right stepping right foot forward, 1/2 turn right step left foot back

3&4 1/2 turn right stepping right foot forward, step left foot next to right foot, step right foot forward

5&6& Kick left foot forward, step left foot next to right foot, rock right foot to right side, recover on to left foot

7&8 Step right foot next to left foot, point left foot to left side, step left foot next to right foot

B: 32 counts

B[1-8] □ Step right foot to right side, Hitch left knee, Step left foot to left side, Touch/Point/Touch, Kick right foot to right diagonal, Step ball of right foot next to left foot, Cross left foot in front, Triple step to right side (right, left, right)

1,2 Step right foot to right side, hitch left knee

3&4& Step left foot to left side, touch right foot next to left foot, point right foot to right side, touch right foot behind left foot

5&6 Kick right foot to right diagonal, step right foot next to left foot, cross left foot in front of right foot

7&8 Step right foot to right side, step left foot next to right foot, step right foot to right side

B[9-16] Left heel forward (raising right hand), left heel together, right heel forward (raising left hand), right foot together triple step in a circle (left, right, left, right, left, right, left), swinging both hands side to side

1,2 Left heel forward raising right hand, recover left foot next to right foot

3,4 Right heel forward raising left hand, recover right foot next to left foot

5&6&7&8 Triple step in a circle left stepping left foot forward, right foot together, left foot forward, right foot together, left foot forward, right foot together, left foot forward, swinging hands side to side

B[17-24] □ Slide right foot forward, Step left foot next to right foot, Twist both heels out, Twist both heels in, Kick right foot forward, Hitch right knee, Slide right foot back to Right diagonal, Slide left foot back to left

diagonal

- 1,2 Slide right foot forward, step left foot next to right foot,
&3&4 Twist both heels out, twist both heels in, kick right foot forward, hitch right knee
5,6,7,8 Slide right foot back to right diagonal, touch left foot next to right foot, slide left foot back to left diagonal, touch right foot next to left foot (add a click on all touches)

B[26-32] □Paddle turn back to the right making a full turn, Clap sequence

- 1,2,3,4 Point right foot to right side making a 1/4 turn right rolling arms counter clockwise chest height (x4)
5&6&7&8 Leaning to right diagonal weight on right foot clap both hands behind your back(5), clap hands in front(&), lean to the left as you fold your arms chest height(6), clap the back of both hands together(&), drop arms to folded position again(7), pull both hands apart to your shoulders as you bring left foot next to right foot(&) drop both hands to your sides(8).

C: 16 counts

C[1-8]□Walk x2, C hip bump, run x3, C hip bump, walk x3, pivot ½ turn Right, touch x2, run x3

- 1,2,3&4 Walk forward right, walk forward left, ¼ turn left hitching right knee up, step right foot to right side, hip bump right (C hip bump)
5&6,7&8 Making ¼ turn left run forward L,R,L ¼ turn left hitching right knee up, step right foot to right side, hip bump right (C hip bump)

***Advanced option: on second hip bump you can choose to jump high as you hitch R knee**

C[9-16]□Walk x2, pivot ½ turn R (jazz hands) touch x2, boogie walk L,R,L

- 1,2,3,4 Making ¼ turn left walk forward left, walk forward right, step left foot forward, pivot ½ turn right placing weight on right foot over 2 counts (jazz hands as you pivot turn)

Styling: slightly bend your knees when turning right

- 5&6&7&8 Touch left foot to left side, close left next to right, touch right to right side, close right next to left, run forward L,R,L

Tag: 16 counts

Tag [1-8] Step touch x2, step touch behind x2

- 1,2,3,4, Step right to right side, touch left over right, step left to left side, touch right over left
5,6,7,8 Step right to right side, touch left behind right, step left to left side, touch right behind left,

Tag [9-16] Step Touch x2, walk x4

- 1,2,3,4 Step right to right side, touch left over right, step left to left side, touch right over left
(Click on all touches. When touching in front click upwards, when touching behind click downwards)
5,6,7,8 Make a full turn right walking R, L, R, L

Last Update – 6th July 2017
