

# Bored EZ

拍數: 32                      牆數: 4                      級數: Easy Beginner  
編舞者: Jenifer Wolf (CAN) - August 2019  
音樂: Bored to Death - Eric Hutchinson : (Album: Easy Street)



Intro: Start on lyrics - CW

**(A) THREE STEPS FORWARD, TOUCH SIDE. THREE STEPS BACK, TOUCH**

1-2                      Step right foot forward, Step left foot forward  
3-4                      Step right foot forward, Touch left toe to left side  
5-6                      Step left foot back, Step right foot back  
7-8                      Step left foot back, Touch right toe beside left foot

**(B) SHIMMY RIGHT, CLAP, SHIMMY LEFT, CLAP**

1-2                      Take wide step right onto right foot, Bend knees & shimmy (push right shoulder back x2)  
3-4                      Step left foot beside right foot, Clap  
5-6                      Take wide step left onto left foot, Bend knees & shimmy (push right shoulder back x2)  
7-8                      Step right foot beside left foot, Clap

**(C) JAZZ BOX WITH 4 TOE STRUTS ¼ RIGHT**

1-2                      Touch right toe in front of left foot, Bring right heel down  
3-4                      Touch left toe straight back, Bring left heel down  
5-6                      Turn ¼ right onto right toe, Bring right heel down  
7-8                      Step left toe beside right foot, Bring left heel down

**(D) STEP, TOUCH, STEP, TOUCH, SWAY 4 TIMES**

1-2                      Step right foot to right side, Touch left toe beside right foot  
3-4                      Step left foot to left side, Touch right toe beside left foot  
5-6                      Sway to right foot to right side, Sway to left foot to left side  
7-8                      Sway right foot to right side, Sway left foot to left side

Begin again.

This Step Description may be copied without any alteration, except with the permission of the choreographer.  
All Rights Reserved.

E-mail: [dancewithwolfs@telus.net](mailto:dancewithwolfs@telus.net)  
web site: [www.dancewithwolfs.com](http://www.dancewithwolfs.com)