

# Self-Isolation Boogie

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Ray Hodson (UK) - April 2020  
音樂: Maxine's Tap Room Boogie - Travis Kidd



#32 count intro - start on vocals

## SHUFFLE RIGHT DIAGONAL, SHUFFLE LEFT DIAGONAL, SHUFFLE BACK RIGHT DIAGONAL, SHUFFLE BACK LEFT DIAGONAL

1&2      Step forward on right, step left next to right, step forward on right  
3&4      Step forward on left, step right next to left, step forward on left  
5&6      Step back right, Step Left next to right, step right back  
7&8      Step back left Step right next to left, step left back

## MAMBO RIGHT, MAMBO LEFT, MAMBO FORWARD, MAMBO BACK

1&2      Rock Right to Right, Recover, Step Together  
3&4      Rock Left to Left, Recover, Step Together  
5&6      Rock Right Forward, Recover, Step Together  
7&8      Rock Left Back, Recover, Step Together

## SHUFFLE FORWARD, FORWARD MAMBO, SHUFFLE BACK, COASTER STEP

1&2      Step Forward On Right, Step Left Next To Right, Step Forward On Right  
3&4      Rock Forward Left, Recover, Step Back Left  
5&6      Step Back Right, Step Left Next To Right, Step Back On Right  
7&8      Rock Back Left, Together with Right, Step Forward Left

## RUN RUN RUN, RUN RUN RUN, HIPS AND HIPS, HIPS AND HIPS

1&2      Run Right left right turning ¼ left (9 o'clock)  
3&4      Run Left right left turning ¼ left (6 o'clock)  
5&6      Rock Hips Right and Right  
7&8      Rock Hips Left and Left

This dance is written for dancers who are self-isolating due to the Covid 19 virus and might not have much room to dance, Hope you enjoy it and it brightens your day.

Ray Hodson - Urbanlinedance.com  
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