

Blame It On The Boogie

拍數: 64 牆數: 1 級數: Phrased Improver
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音樂: Blame It On The Boogie - Michael Jackson



Start on Vocal - Sequence : AABB AABB C32 BB C16 AABB C32 BBB

SECTION A 1 : STEP BACK WITH TOUCH (R-L-R-L) - DIAGONAL LOCK FWD (R-L)

1 - 2 Step Back on R with L Touch Forward, Step Back on L with R Touch Forward
3 - 4 Step Back on R with L Touch Forward, Step Back on L with R Touch Forward
#####(You can replace the movements with Michael Jackson Walk Moon style)
5 & 6 Step R diagonal forward , Lock L behind R, Step R diagonal forward
7 & 8 Step L diagonal forward to left, Lock R behind L, Step L diagonal forward

SECTION A2 : BOTAFOGO (R-L) - KICK BALL CHANGE (2x)

1 & 2 Cross R over Left, Step L to L side, Step R in place
3 & 4 Cross L over Right, Step R to R side, Step L in place
5 & 6 Kick R forward, Step R beside L, Step L in place
7 & 8 Kick R forward, Step R beside L Step L in place

SECTION B1 : SAILOR STEP (R-L) - TWIST OUT AND STEP ON TO

1 & 2 Cross R behind left, Step L to side, Step R to side
3 & 4 Cross L behind right, Step R to side, Step L to side
5 & 6 & Twist R heel in, Step R on to R, Twist L heel in, Step L on to L
7 & 8 Twist R heel in, Step R on to R Twist L heel in

SECTION B2 : 1/4 TURN RIGHT (2x) - HEEL JACKS (L-R)

1 - 2 Touch L Forward, 1/4 turn R Step R on to R (03.00)
3 - 4 Touch L Forward, 1/4 turn R Step R on to R (06.00)
5 & 6 & Cross L over right, Step R to side, Heel Touch Diagonal on L, Step L on to L
7 & 8 Cross R over left, Step L to L side, Heel Touch diagonal on R

SECTION C1: SIDE -TOUCH - TOUCH AND DROP - HITCH - COASTER STEP - FORWARD - STEP TOGETHER

1 - 2 Long Step R to side, Touch L beside R (weight on R)
3 & 4 & Touch L beside R, Step L beside R, touch R beside L, Step R beside L
5 - 6 & Hitch on L, Step Back on L, Step R beside L
7 - 8 Step L forward, Step R beside

SECTION C2 : SIDE - 1/4 TURN RIGHT (R-L-R-L)

1 - 2 Step L to side, 1/4 turn right step R touch beside left (03.00)
3 - 4 Step R to side, 1/4 turn right step L touch beside right (06.00)
5 - 6 Step L to side, 1/4 turn right step R touch beside left (09.00)
7 - 8 Step R to side, 1/4 turn right step L beside right (12.00)

SECTION C3 : DIAGONAL TOUCH (R-L) - TWIST OUT- IN - OUT (R-L) - TWIST IN (R-L) - CLOSE TOGETHER

1 & 2 & Touch R diagonal, Twist R heel Out, Twist R heel In, Twist R heel Out
3 - 4 Twist R heel In, Step R beside L
5 & 6 & Touch L diagonal, Twist L heel Out, Twist L heel In, Twist L heel Out
7 - 8 Twist L heel in, Step L beside R

SECTION C4 : SKATE (R-L-R-L) - BODY ROLL (R-L)

- 1 - 2 Step R up in pushing you body, Step L up in pushing you body
- 3 - 4 Step R up in pushing you body, Step L up in pushing you body
- 5 - 6 Step R to Side with Roll/Shake upper body from L to right, Touch L beside R
- 7 - 8 Step L to Side with Roll/Shake upper body from R to left, Touch R beside L

Enjoy The Dance

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