

Refraboogie (L/P)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate Partner & Line
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音樂: RJ Gauna Folkabilly - Boogie de la lluvia



STEPS DESCRIPTION

RF = Right foot --- L = Leader

LF = Left foot --- F = Follower

****2 Restarts (2nd sq only 4 c. & restart; 7th sq only 28 c. & restart).**

Start Position (SP): Side by side, F at the right, double hand hold (Left hands hold in the front, Right hands hold from the back and over the F's right shoulder)

[1-8] HEEL, 1/4 TURN TOE X2, SHUFFLE, HEEL 1/4 TURN TOE

1-2 Heel touch RF forward. 1/4 turn (to the right) toe touch RF in the place.

3-4 Heel touch RF forward. 1/4 turn (to the right) toe touch RF in the place-

***Here there is a restart in the 2nd sequence (it has only 4 c.): release hands and dance the 3rd sq in line dancing-mode, the F at the left.**

5&6 Step RF forward. Step LF crossed behind RF. Step RF forward.

7-8 Heel touch LF forward. 1/4 (to the left) toe touch in the place.

[9-16] HEEL 1/4 TURN TOE X2, SHUFFLE, JAZZ BOX

1-2 Heel touch LF forward. 1/4 (to the left) toe touch in the place.

3&4 Step LF forward. Step RF crossed behind LF. Step LF forward.

5-6 Crossed step RF over LF. Short step LF back.

7-8 Side step RF (to the right). Step LF next to RF.

[17-24] TOE STRUT X2, KICK X4

1-2 L = (remains in the place, and guides F ahead to the left) RF Toe, strut.

1-2 F = (crosses ahead) RF toe touch crossed over LF, strut.

3-4 L = LF Toe, strut.

3-4 F = RF toe diagonally forward (to the left), strut.

5-6 Double crossed kick RF over LF

7-8 Double kick RF diagonally forward (to the right).

[25-32] COASTER STEP, CROSS KICK X2, OUT CROSS, 1/2 TURN

1&2 Step RF back. Step LF next to RF. Step RF forward.

3-4 Double crossed kick LF over RF.

****Here, there is a restart in the 7th sequence (it has only 28 counts), by changing the last kick for a stomp LF beside RF. Then, the dance restarts from the beginning (release hands and dance the 8th sq in line dancing-mode, the F at the left)**

5-6 Side jump out (both feet). Jump crossed in (LF behind RF)

7-8 1/2 turn (to the left), keeping feet in the same place (while turning, L moves right hand to the front over F's head -holding F's right hand- and go on dancing with hands held at the front). Hold.

[33-40] KICK BALL STEP, SWIVELING STEP X2, HEEL TOUCH X4

1&2 Kick RF diagonally forward. Step RF in the place. Step LF forward (toe to the left).

3-4 Step RF forward (toe to the right) moving LF heel to the left (keep LF toe in the place) at the same time. Step LF forward (toe to the left) moving RF heel to the right (keep RF toe in the place) at the same time.

5&6& (Jumping) Heel touch RF forward. Step RF back. Heel touch LF forward. Step LF back.

7-8 Heel touch RF forward (twice)

[41-48] MILITARY TURN, PIGEON TOE X3

- 1-2 Step RF forward (Release left hands) ½ turn recovering the weight on LF (Release right hands and rejoin left hands)
- 3-4 Step RF forward. ½ turn and recovering the weight o LF (left hands held, L moves left hand over F's head. After turning, rejoin right hands, recovering SP)
- 5-6 Stomp RF next LF (toe in). Move LF heel and RF toe, to the right, ant the same time (knees out).
- 7-8 Move RF heel and LF toe, to the right, at the same time (knees in). Move LF heel and RF, toe to the right, at the same time (knees to the front).

ENDING: The dance ends in the 13th sequence. As in7th sq: After count 27, change the second kick for a stomp LF next to RF, and add the ending: heel touch RF forward, ½ turn toe touch (RF) in the place, stomp RF forward.
