

Boogie Life

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Mariela Barcia (ARG) & Sergio Alejandro (ARG) - October 2022
音樂: Mi Vida Es Un Boogie - The Blue's Ayres Band
或: Bad Day To Be A Beer - Drake Milligan



Music 2: "Bad day to be a beer" by Drake Milligan

RF = Right foot

LF = Left foot

[1-8] STOMP UP (x2), KICK, HEEL FAN, KICK, JAZZBOX

1& RF stomp up (twice)
2 RF side kick
3&4 RF toe beside LF, RF heel fan (out and in)
5-6 RF kick diagonally forward, RF crossed step over LF
7-8 LF step diagonally back (short), RF side step.

[9-16] WEAVE, STOMP, 1/12 TURN HEEL STOMP (x3)

1-2 LF step to the left, RF crossed step behind LF
3-4 LF side step, RF crossed step over LF
5 LF stomp beside RF
6-7-8 (Keep your LF toe at site) 1/12 turn (to the right) LF heel stomp. (do it 3 times)

[17-24] ROCKIN' CHAIR, ¾ TURN TOE-STRUT, COASTER STEP

1-2 RF rock back, recover the weight on LF
3-4 RF rock forward, recover the weight on LF.
5-6 ¾ turn RF toe-strut.
7&8 LF step back, RF step beside LF, LF step forward

[25-32] WEAVE, ROCK, FULL TURN SLAP, STEP

1-2 RF step to the right, LF crossed step behind RF,
3-4 RF side step, LF crossed step over RF.
5-6 RF side rock, recover the weight on LF.
7-8 Full turn to the right (while turning, raise and slap your RF with the right hand). RF step forward.

[33-40] SCHUFFLE, OUT-OUT IN-IN (x 2)

1&2 LF step forward, RF crossed step behind LF, LF step forward
&3 RF step forward (diagonally out, on the heel), LF step forward (diagonally out, on the heel)
&4 RF step back (diagonally in), LF step back (beside RF)
5-6 RF step forward (diagonally out), LF step forward (diagonally out)
7-8 RF step back (diagonally in), LF step back (beside RF)

[41-48] ROCK- HOOK, ROCK, FULL AND A HALF TURN, STOMP.

1-2 RF rock forward, RF hook (over left knee) recovering the weight on LF
3-4 RF rock forward, recover the weight on LF
5-6 ½ turn (to the right) step RF, ½ turn (to the right) step LF
7-8 ½ turn (to the right) step RF. LF stomp beside RF.

DANCE STRUCTURE FOR MUSIC 2: "BAD DAY TO BE A BEER" by Drake Milligan

With these theme there will be 3 restarts:

*3rd & 8th sequences: only 16 counts. Replace the last 3 counts of the second section, to do 3 1/6 turn (to the

right) heels stomp. And then restart the dance (facing 6:00)
*6th sequence: only 24 counts and restart (facing 6:00).

TAG: (8 counts – holds) at the end of the 4th sequence.

FINAL: (9th sq) only 46 counts + $\frac{1}{2}$ turn (to the right) stomp RF
