

Best of My Boo

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jonno Liberman (USA) - August 2023
音樂: Lil Boo Thang - Paul Russell



No Tags or Restarts

Intro: 8 Count

[1-8] 3/4 Walk Walk Triple Step Walk Walk Triple Step (3:00)

Walking counter-clockwise, use the following eight counts to walk 3/4s of a circle to 3:00

1, 2 Step R forward, Step L forward
3&4 Step R forward, Step L next to R, Step R forward
5, 6 Step L forward, Step R forward
7&8 Step L forward, Step R next to L, Step L forward (3:00)

[9-16] Side Heel Hold Collect Hold x2 (3:00)

&1-2 Step R to right, Touch L heel to left, Hold
&3-4 Step L to center, Step R next to L, Hold
&5-6 Step L to left, Touch R heel to right, Hold
&7-8 Step R to center, Step L next to R, Hold

[17-24] Dip Back, Dip Front, Vine Right (3:00)

1, 2 Step R back as you dip down and slightly open body to right, Keep weight on R as you raise back up
3, 4 Begin shifting forward to L as you dip down, Keep weight on L as you raise back up
5, 6 Square up to 3:00 as you step R to right, Cross L behind R
7, 8 Step R to right, Touch L next to R

Optional Styling: Add hip bumps during the dips.

[25-32] Dip Back, Dip Front, Slide, Kick Ball Step (3:00)

1, 2 Step L back as you dip down and slightly open body to left, Keep weight on L as you raise back up
3, 4 Begin shifting forward to R as you dip down, Keep weight on R as you raise back up
5-6 Square up to 3:00 as you step L to left, Slide R to L
7&8 Kick R forward, Step R next to L, Step L forward

Simplified Options:

You can use any mix of the regular steps above or the simplified options below at any point in the dance. Don't be afraid to add your own styling.

[1-8] 3/4 Walk Walk Toe Strut Walk Walk Toe Strut (3:00)

Walking counterclockwise, use the following eight counts to walk 3/4s of a circle to 3:00

1, 2 Step R forward, Step L forward
3, 4 Touch R toe forward, Take weight onto R
5, 6 Step L forward, Step R forward
7, 8 Touch L toe forward, Take weight onto L (3:00)

[9-16] Side Heel Collect x2 (3:00)

1, 2 Step R to right, Touch L heel to left
3, 4 Step L to center, Step R next to L
5, 6 Step L to left, Touch R heel to right
7, 8 Step R to center, Step L next to R

[17-24] Bump Back, Bump Front, Vine Right (3:00)

- 1, 2 Step R back as you bump R hip back, Bump R hip again
- 3, 4 Shift onto L as you bump L hip forward, bump L hip again
- 5, 6 Square up to 3:00 as you step R to right, Cross L behind R
- 7, 8 Step R to right, Touch L next to R

[25-32] Bump Back, Bump Front, Side, Touch, Front, Back (3:00)

- 1, 2 Step L back as you dip down and slightly open body to left, Keep weight on L as you raise back up
- 3, 4 Begin shifting forward to R as you dip down, Keep weight on R as you raise back up
- 5, 6 Square up to 3:00 as you step L to left, Touch R next to L
- 7, 8 Touch R toe or heel forward, Touch R toe back

Dance Your Yaaas Off

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