

Beyonce's Boogie

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lucinda Atkinson (UK) - March 2024
音樂: TEXAS HOLD 'EM - Beyoncé



Start on the word "Texas" at the beginning of the track.

S1) CHARLESTON STEP WITH HITCH X 2

1 - 4 step fwd R, hitch L; step back L, tap R toe behind,
5 - 8 repeat those 4 counts.

style option; slap l knee with R hand on hitch or raise R arm above your head as you hitch L, touch r hand to floor as you touch R foot behind.

S2) GRAPEVINE R (OR ROLLING VINE) AND TOUCH, HEEL SWITCHES & DOUBLE CLAP

1 - 4 side R, step behind L. step side R, touch L to R.
5 & 6 & 7 & 8 L heel touch, switch R heel, switch L heel, double clap.

Tag here after 16 counts (facing 9 o'clock)

Style option for heel switches; hands on belt buckle or in front belt loops; pull L shoulder back & R shoulder forward as L heel touches; swap to pull R shoulder back & L shoulder forward as R heel touches; pull L shoulder back & R shoulder forward as Lheel touches. adds a little fun :)

S3) GRAPEVINE L (OR ROLLING VINE) STEP BACK HIP BUMP X 2

1 - 4 step side L, step behind R foot, step side L, touch R toe to L foot.
1 & 2 step back on R bump hips back, forward, back (R foot takes weight)
3 & 4 repeat stepping back on L foot.

Style option for hip bump; pop L knee as stepping back on R foot & pop R knee as stepping back on L foot.

S4) "V" STEP, PADDLE & 2 X 1/8TH TURN L (OR 4 WALKS EASY OPTION WITH QUARTER TURN)

1 - 4, step forward on R to R diag, step forward on L to L diag, step R foot back in place, step L foot back in place.
5 - 8 touch R foot forward, pivot on L foot making 1/8th turn to L, repeat for counts 7, 8 (making quarter turn L in all)

optional styling for paddle turns; roll hips counter clockwise and even add a lasso with your arm too :)

Tag - facing 9 'o' clock. Count 16 at wall 2 leaves you with your L heel forward & weight in your R foot, double clap.

Then dance 4 count tag, Count & 1 jump back on L foot, R heel dig forward, raise both arms shout "who" ;

& 2, put weight forward onto R foot, close L foot to R foot,

Counts 3, 4 heel split out in, landing with weight into L foot to begin again from the top of the routine. ENJOY!
:)

Contact; silverstomper@icloud.com

Facebook Cindy's Stompers & Silver Stompers!

Yours in Stomps, Smiles & Shimmies Cindy