

Miss Jody's Boogie

COPPER KNOB
BY STEPSHEETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Denise Bryant (USA) - December 2024
音樂: Just Let Me Ride - Ms. Jody



I believe soul dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, and making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music. The dance starts 32 counts after the beat starts.

V STEPS AT 12:00

1 2 Step right foot out and forward to right, left foot forward and out to left
3 4 Step right foot in, left foot in
5 6 7 8 REPEAT STEPS 1-4 ABOVE

ROCK STEP, CHA CHA HALF TURN TO RIGHT

9 10 Rock forward on right, recover on left starting half turn to right
11&12 Complete triple step turn (cha cha cha) to right stepping right, left, right to face 6:00
13 14 Rock forward on left, recover on right
15&16 Triple step in place stepping left, right, left

REPEAT STEPS 1-16 END FACING 12

DIAGONAL STEP TOUCH, CHA CHA CHA

1 2 3&4 Step forward on the right diagonal stepping left, right, left, right
5 6 7&8 Step forward on the left diagonal stepping right, left, right, left

(BACK) STEP TOUCHES, ROCKING IN PLACE HALF TURN

1 2 Step (back) on the right, step (back) on left to touch right
3 4 Step (back) on left, step back on right turning quarter turn to left
5 6 7 8 Step rocks in place completing half turn to face 6:00 stepping on right, left, right, left

REPEAT STEPS 1-8 END FACING 12

STEP SLIDE TO RIGHT, FRONT BACK TAPS, QUARTER TURN TO FACE 3:00

1 2 Step on right to right, drag left to touch right
3 4 5 6 7 8 Tap right foot up, back, up, back, up, back

REPEAT STEPS 1-8 STARTING AT 3:00 ENDING AT 6:00 making right quarter turn on first 2 steps
REPEAT STEPS 1-8 STARTING AT 6:00 ENDING AT 9:00 making right quarter turn on first 2 steps
REPEAT STEPS 1-8 STARTING AT 9:00 ENDING AT 12:00 making right quarter turn on first 2 steps
REPEAT DANCE FROM BEGINNING THEN KEEP REPEATING DANCE UNTIL MUSIC ENDS

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com