

Boy for a Day

拍數: 32 牆數: 4 級數: Improver
編舞者: Kelly Borg (CAN) - March 2025
音樂: If I Were a Boy - Beyoncé
或: If I Were a Boy - Reba McEntire



Intro: start at approx. 24 secs, at the end of "Drink Beer With The Guys"

SEC 1 Syncopated Nightclub Basic (R, L) x 2

1 Big step R to right side (1)
2& Rock L behind R (2), Recover on R (&)
3 Big step L to left side (3)
4& Rock R behind L (4), Recover on L (&)
5 Big step R to right side (5)
6& Rock L behind R (6), Recover on R (&)
7 Big step L to left to left side (7)
8& Rock R behind L (8), Recover on left (&)

SEC 2 Syncopated Rocking Chair, Rock-Recover-Stomp (R, L)

1&2& Rock R forward, Recover L, Rock R back, Recover L
3&4 Rock R forward, Recover L, Stomp R next to L
5&6& Rock L forward, Recover R, Rock L back, Recover R
7&8 Rock L forward, Recover R, Stomp L next to R

SEC 3 Side-Together, Shuffle R, Cross-Rock Recover, ¼ Turn L Shuffle

1-2 Step R to right side, Step L next to R
3&4 Step R to right side, Step L next to R, Step R to right side
5-6 Cross-rock L over R, Recover on R
7&8 Step L turning ¼ left, Step R next to L, Step L to left side

SEC 4 Reverse Rumba Box (modified with Shuffle Steps)

1-2 Step R to right side, Step L next to R
3&4 Step R back, Step L next to R, Step R back
5-6 Step L to left side, Step R next to L
7&8 Step L forward, Step R next to L, Step L forward

ENDING 8 Sways to finish dance after Wall 10

Alt. Music: If I Were A Boy, Reba McEntire

Have fun!