

Leggs Boogie!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Shannan (UK)
音樂: J'ai Du Boogie - Scooter Lee



This dance is danced with a swinging action

TOE ROCK FORWARD TOE ROCK DIAGONAL BACK, ROCK AND COASTER, RIGHT HAND SWING AND SNAPS

1-2-3-4 Rock right toe forward recover left rock right toe back diagonal recover left
5-6-7&8 Rock forward on right foot, back on left, step back right. Step left beside right step right forward

Right hand swings forward, snap fingers, right hand swings back, snap fingers, head and body turn right to follow hand

TOE ROCK FORWARD TOE ROCK BACK DIAGONAL ROCK AND COASTER, LEFT HAND SWING AND SNAPS

1-2-3-4 Rock left toe forward recover right rock left toe back diagonal recover right
5-6-7&8 Rock forward on left foot, back on right, step back left. Step right beside left step left forward
Left hand swings forward, snap fingers, left hand swings back, snap fingers, head and body turn left to follow hand

WALK X THREE, KICK, ROCK SHUFFLE ½ TURN LEFT

1-2-3-4 Walk forward right, left right kick left foot forward
5-6-7&8 Rock left forward recover right shuffle half turn left, stepping left, right, left

WALK X THREE, SIDE KICK, LEFT AND RIGHT SAILOR STEPS

1-2-3-4 Walk forward right, left, right kick left on diagonal
5&6 Cross left behind right, step right slightly to right, step left slightly left
7&8 Cross right behind left, step left slightly left, step right slightly right

HIPS SWAY LEFT, HIPS SWAY RIGHT, SIDE SHUFFLE, ROCK, SHUFFLE ¼ TURN RIGHT

1-2-3&4 Step left to left side swinging hips left, step right to right side swinging hips right, step left to left side, close right to left, step left to left side
5-6-7&8 Cross rock right over left, rock back on left, step right to right side, close left to right, step right ¼ turn right

KICK BALL CHANGE TWICE, KICK, KICK ¼ TURN LEFT, COASTER

1&2 Kick left forward, step left beside right, step right in place
3&4 Kick left forward, step left beside right, step right in place
5-6 Kick left forward, kick again into ¼ turn left
7&8 Step back left, step right beside left, step left forward

KICK BALL CHANGE TWICE, CIRCLE KICKS ¾ TURN RIGHT

1&2 Kick right forward, step right beside left, step left in place
3&4 Kick right forward, step right beside left, step left in place
5-6-7-8 Kick right forward, kick into ¼ turn right, kick into ¼ turn right, kick into ¼ turn right

You are now facing ¼ turn right of home wall

TOE HEEL STEPS FORWARD AND BACK, HAND SWINGS AND SNAPS

1-2-3-4 Step right toe forward, snap heel down, step left toe forward, snap heel down
5-6-7-8 Step right toe back, snap heel down, step left toe back, snap heel down

Both hands swing right, left, right, left with snaps, in time with toe actions

REPEAT
