Let's Boogie

拍數: 48

級數: Intermediate

編舞者: Irene Groundwater (CAN)

音樂: Beverly Hills Boogie - Bo Schronce

SIDE SHUFFLE, ROCK BACK, ROCK FORWARD, FORWARD, ¼ TURN RIGHT, FORWARD, ¼ TURN RIGHT

- 1&2 Large side step right, close left to right, side step right
- 3-4 Rock back on left (turning body towards left), rock right forward (body facing front)
- 5-6 Left forward, pivot 1/4 turn right onto right
- 7-8 Left forward, pivot 1/4 turn right onto right

SIDE SHUFFLE, ROCK BACK, ROCK FORWARD, FORWARD, ¼ TURN LEFT, FORWARD, ¼ TURN LEFT

- Large side step left, close right to left, side step left 9&10
- 11-12 Rock back on right (turning body towards right), rock left forward (body facing front)
- 13-14 Right forward, pivot 1/4 turn left onto left
- Right forward, pivot ¼ turn left onto left 15-16

FORWARD SHUFFLE, SIDE, CLOSE, FORWARD SHUFFLE, SIDE, CLOSE

- 17&18 Right forward, close left to right, right forward
- 19-20 Side step left, close right to left
- 21&22 Left forward, close right to left, left forward
- 23-24 Side step right, close left to right

CROSS, ¼ TURN LEFT, ¼ TURN LEFT WITH RIGHT SHUFFLE

- 25-26 Cross right in front of left, left forward facing 1/4 turn left on step
- 27&28 Pivot ¼ turn left on left ball and side step right, close left to right, side step right

CROSS, SIDE, CROSS, SIDE, CLOSE

- 29&30 Cross left over right, side step right, cross left over right
- 31-32 Side step right, close left to right

HIP MOTION

- 33 Side step right bending knees on step
- 34 Push right hip out to right as you put weight on your right foot and straighten right knee
- 35 Bend both knees again transferring weight onto left foot
- 36 Push left hip out to left as you put weight on your left foot and straighten left knee

PIVOT ¼ TURN LEFT WITH RIGHT SIDE SHUFFLE

- &37 Pivot ¼ turn left on left ball, large side step right
- &38 Close left to right, side step right

PIVOT ½ TURN RIGHT WITH LEFT SIDE SHUFFLE

- &39 Pivot 1/2 turn right on right ball, large side step left
- &40 Close right to left, side step left

PIVOT ¼ TURN LEFT, 2 FUNKY WALKS FORWARD, CROSS, UNWIND ½ TURN LEFT

- Pivot 1/4 turn left on left ball, cross right over left, cross left over right &41-42
- 43-44 Cross right over left, unwind 1/2 turn left (end with weight on left foot)

Optional: basic forward steps on 41 and 42 instead of funky walks

RUNNING MAN





牆數:1

- 45 Right forward (small step)
- & Scoot back on right and lift left knee
- 46 Left forward (small step)
- & Scoot back on left and lift right knee
- 47 Right forward (small step)
- & Scoot back on right and lift left knee
- 48 Left forward (small step)

Optional: forward steps on counts 45,46,47 and 48 and clap hands on (&'s) in between counts

REPEAT