

Let's Boogie!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sue Coats (AUS)
音樂: The Losing Side of Me - The Mavericks



STOMP, KICK, ROCKS BACKWARD-FORWARD, 2X STEP FORWARD-PIVOT ½ LEFT

1-2 Stomp right foot next to left foot (weight on left foot), kick right foot forward
3-4 Rock back on right foot, rock forward on left foot
5-6 Step forward on right foot, pivot ½ left foot
7-8 Step forward on right foot, pivot ½ left foot

Option

5-8 Rock forward right, rock backward left, rock backward right, rock forward left

2X GRAPEVINE WITH ½ TURN & SCUFF

9-10 Step right foot to right foot side, step left foot behind right foot
11-12 Step right foot to right side, turn ½ right & scuff left foot
13-14 Step left foot to left foot side, step right foot behind left foot
15-16 Step left foot to left side, turn ½ left & scuff right foot

Option

9-16 Extended weave to right

2X SIDE ROCK-RECOVER-STEP FORWARD-HOLD & CLAP

17-18 Rock right foot to right foot side, recover weight on left foot
19-20 Step right foot forward, hold & clap
21-22 Rock left foot to left foot side, recover weight on right foot
23-24 Step left foot forward, hold & clap

MONTEREY ½ RIGHT, SIDE ROCK, LOWER HEEL, ROCK BEHIND LOWER HEEL

25-26 Touch right foot toe to side, turn ½ right & step right foot together
27-28 Touch left foot toe to side, step left foot together
29-30 (Lifting left heel) rock right foot to right foot side, lower left foot heel to floor
31-32 (Lifting left heel) rock right foot behind left foot, lower left foot heel to floor

Arms

29-32 Swing arms in direction of rock and click fingers as heel lowers

SIDE TOE STRUT, CROSS TOE STRUT, SIDE ROCK, LOWER HEEL, ROCK BEHIND, LOWER HEEL

33-34 Step right foot toe to right foot side, drop right foot heel to floor & clap
35-36 Cross left foot toe over right foot, drop left foot heel to floor & clap
37-38 (Lifting left heel) rock right foot to right foot side, lower left foot heel to floor
39-40 (Lifting left heel) rock right foot behind left foot, lower left foot heel to floor

Arms

37-40 Swing arms in direction of rocks and click fingers as heel lowers

ROCKS FORWARD-BACKWARD, ½ RIGHT STEP FORWARD, HOLD & CLAP, STEP FORWARD, FORWARD LOCKSTEP, SCUFF

41-42 Rock forward on right foot, rock back on left foot
43-44 Turn ½ right foot & step forward on right foot, hold & clap
45-46 Step forward on left foot, lock right foot behind left foot
47-48 Step forward on left foot, scuff right foot forward

ROCK FORWARD-BACKWARD, ½ RIGHT STEP FORWARD, HOLD & CLAP, SLOW COASTER STEP, HOLD

49-50 Rock forward on right foot, rock back on left foot
51-52 Turn ½ right foot & step forward on right foot, hold & clap
53-54 Step left foot back, step right foot together
55-56 Step left foot forward, hold

2X BOOGIE WALK-HOLD, 4X BOOGIE WALKS

57-58 Step right foot forward & swivel on balls of both feet, hold
59-60 Step left foot forward & swivel on balls of both feet, hold

Arms:

57-58 Hands on hips & turn head left
59-60 Hands on hips & turn head right

61 Step right foot forward & swivel on balls of both feet
62 Step left foot forward & swivel on balls of both feet
63 Step right foot forward & swivel on balls of both feet
64 Step left foot forward & swivel on balls of both feet

Arms

61-64 Place hands at shoulder height with palms facing forward and wriggle hands

REPEAT
