

Little Bit O' Boogie

拍數: 32 牆數: 4 級數: Improver
編舞者: Gaye Teather (UK)
音樂: A Little Boogie Woogie (In the Back of My Mind) - Shakin' Stevens



HEEL SWITCHES, CLAP TWICE, VINE ¼ TURN RIGHT

1&2 Touch right heel forward, step right beside left, touch left heel forward
&3 Step left beside right, touch right heel forward
&4 Clap hands twice
5-6 Step right to right side, cross left behind right
7-8 ¼ turn right stepping forward on right, touch left beside right (facing 3:00)

Steps 5-8 can be replaced with a rolling vine making a 1 ¼ turn right

BACK LEFT, RIGHT, COASTER STEP, FORWARD, TOGETHER, BACK PUSH

1-2 Walk back left, right
3&4 Step back on left, step right beside left, step forward on left
5-6 Step forward on right, step left beside right
7-8 Raising up onto toes, lean forward slightly pushing knees and hips back

Lower heels as you straighten up

For fun, put hands behind head or on hips as you push back and recover

FORWARD ROCK, COASTER STEP, FORWARD ROCK, SHUFFLE ½ TURN LEFT

1-2 Rock forward on right, recover onto left
3&4 Step back on right, step left beside right, step forward on right
5-6 Rock forward on left, recover onto right
7&8 Shuffle ½ turn left stepping left, right, left (facing 9:00)

STEP, PIVOT ½ TURN LEFT, SHUFFLE FORWARD, BOOGIE WALKS X 3, TOUCH

1-2 Step forward on right, pivot ½ turn left (facing 3:00)
3&4 Step forward on right, step left beside right, step forward on right
5-6 Step diagonally forward on left toe, swivel to face right diagonal stepping diagonally forward on right toe
7-8 Step diagonally forward on left toe, straighten up to face front touching right beside left

REPEAT

ENDING

The dance will end on step 8 of section 2. You will be facing the 3:00 wall. To finish facing the front replace steps 7-8 with a ¼ turn left on balls of both feet and finish with the hip push back