

My, My, My, My, My Boogie Shoes

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate contra dance
編舞者: Ron Kline (USA)
音樂: Boogie Shoes - KC and the Sunshine Band



Position: Allow room for lines to cross

SYNCOPATED STEPS AND HOLDS

- &1 Step right foot forward, step left foot next to right
- 2-4 Hold foot position, bobbing up and down slightly for these 3 counts
- &5 Step right foot forward, step left foot next to right
- 6-8 Hold foot position, bobbing up and down slightly for these 3 counts

KICKS AND SAILOR SHUFFLES

- 1-2 Shift weight to right foot and kick left foot forward, kick left foot forward diagonal left
- 3&4 Cross step left foot behind right, step on ball of right foot to right side, step left foot in place
- 5-6 Kick right foot forward, kick right foot forward diagonal right
- 7&8 Cross step right foot behind left, step on ball of left foot to left side, step right foot in place

STEP, BUMPS, BACK, TOGETHER, FORWARD, TOGETHER

- 1-2 Step left foot on a forward left diagonal bending slightly at waist with left shoulder slightly forward and hips to right side, keeping feet in place, bump hips to left
- 3-4 Bump hips to right, bump hips to left (optional body rolls may be used for these steps)
- 5-6 Bump hips to right as you step back on left foot, bump hips to left as you step right foot back next to left foot
- 7-8 Bump hips to right as you step left foot forward, bump hips to left as you step right foot forward next to left foot

STEP, BUMPS, BACK, TOGETHER, FORWARD, PREP

- 1-2 Step left foot on a forward left diagonal bending slightly at waist with left shoulder slightly forward and hips to right side, keeping feet in place, bump hips to left
- 3-4 Bump hips to right, bump hips to left (optional body rolls may be used for these steps)
- 5-6 Bump hips to right as you step back on left foot, bump hips to left as you step right foot back next to left foot
- 7-8 Bump hips to right as you step left foot forward, step right foot slightly ahead of left foot prepping toe to right

1 ½ TURN TO THE RIGHT TRAVELING FORWARD, COASTER STEP

- 1-2 Pivot ¼ to the right on ball of right foot stepping left foot to left side, hold
- 3-4 Pivot ½ to the right on ball of left foot stepping right foot to right side, hold
- 5-6 Pivot ½ to the right on ball of right foot stepping left foot to left side, hold
- 7&8 Pivot ¼ to the right on ball of left foot stepping back on ball of right foot, step on ball of left foot next to right foot, step right foot forward

STEPS, CLAPS, UNWIND, TURN

- 1-2 Step left foot forward diagonal left, hold/clap
- 3-4 Step left foot back diagonal left, hold/clap
- 5-6 Touch left toe behind right heel, unwind legs ½ to the left stepping onto left foot
- 7-8 Step right foot forward, pivot ½ to the left shifting weight to left foot

REPEAT

