

The Shadoogie (The Shadows Boogie)

COPPER **KNOB**
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Adrian Churm (UK)
音樂: Shadoogie - The Shadows



SLOW JAZZ BOX ON THE SPOT, FORWARD

1-8 Cross left over right, hold, step right foot back, hold, step left to the left side, hold, step right forward, hold

JAZZ BOX WITH A ¼ TURN LEFT, SCUFF RIGHT, LOCKSTEP FORWARD, SCUFF LEFT

1-4 Cross left over right, step right foot back, make a ¼ turn left and step left to the left side, scuff right foot forward (9:00)

5-8 Step right foot forward, lock left behind right, step right foot forward, scuff left forward

ROCK STEP, LARGE STEP BACK DRAWING RIGHT FOOT IN, COASTER STEP

1-4 Step left foot forward, rock back onto right, large step back with left foot, draw right foot in (no weight)

5-8 Step right foot back, close left next to right, step right foot forward, hold

HIP BUMPS SLOW, HIP BUMPS DOWN, HOOK LEFT ACROSS RIGHT

1-4 Step left foot forward bumping left hip forward, hold, bump right hip back, hold

5-8 Bump left hip forward, bending knees slightly bump right hip back, knees still bent bump left hip forward, straighten legs as you transfer weight back onto the right foot and hook left foot in front of right shin

LOCK STEP FORWARD THREE-STEP ½ TURN TO THE LEFT

1-4 Step left foot forward, lock right behind left, step left foot forward, hold

5-8 Step right foot forward, make a ½ turn to the left (weight ends on left) step right foot forward hold (3:00)

FULL TRIPLE TURN TO THE RIGHT ON THE SPOT, ROCK STEP, LARGE STEP FORWARD RIGHT

1-4 Off the ball of the right foot make a full turn to the right on the spot stepping left, right, left, hold

5-8 Step right foot back, rock forward onto left, large step forward with right foot, hold

REPEAT

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At the end of the fourth wall (facing front again)

1-4 Touch left foot to the side out, in, out, kick left foot out to the side

5-8 Step left behind right, step right foot to the side, step left in front of right

9-16 Repeat as above on the opposite foot