

The 2 F F Boogie

拍數: 48 牆數: 4 級數:
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音樂: Baby Likes to Rock It - The Tractors



This dance can be done as either 4 walls or 1 wall. See counts 25-28.

- 1 Stomp right foot forward with toes pointed at a 45 degree angle to the left
- 2 Fan toes $\frac{1}{4}$ turn to the right
- 3 Fan toes $\frac{1}{4}$ turn to the left
- 4 Fan toes $\frac{1}{4}$ turn to the right
- 5 Stomp left foot forward with toes pointed at a 45 degree angle to the right
- 6 Fan toes $\frac{1}{4}$ turn to the left
- 7 Fan toes $\frac{1}{4}$ turn to the right
- 8 Fan toes $\frac{1}{4}$ turn to the left

Weight is totally on the left foot

- 9 Step back on right
- 10 Step back on left
- 11&12 Shuffle backward turning $\frac{1}{2}$ turn to the right (right, left, right)
- 13&14 Shuffle forward on left (left, right, left)
- 15 Scoot forward on left
- 16 Step forward on right

- 17 Step to the left on the ball of the left foot (heel raised)
- 18 Lower heel of left foot
- 19 Step back on right crossing behind left
- 20 Step forward on left.
- 21 Step to the right on the ball of the right foot (heel raised)
- 22 Lower heel of right foot
- 23 Step back on left crossing behind right
- 24 Step forward on right

25-28 2 quarter Monterey turns to the left starting with left foot.

This is where you can change the dance to become a 4 wall routine.

For the first four counts do the quarter Monterey turn.

The second four counts do a half Monterey turn.

- 29-30 Left heel strut
- 31-32 Right heel strut
- 33-34 Left heel strut
- 35-36 Right heel strut

- 37 Step left over right
- 38 Step back on right
- 39 Step left to left side
- 40 Step right over left
- 41 Step back on left
- 42 Step right to right side

- 43 Brush left through
- 44 Scoot forward on right

45 Rock forward on left
46 Rock back on right
47&48 Shuffle forward (left, right, left)

REPEAT
