

# Wheeling Boogie Bop

**COPPER**KNOB  
STEPPERS

拍數: 24      牆數: 4      級數: Beginner  
編舞者: Brenda Jeffery (UK)  
音樂: Line Dancin' Days - Capricorn



This dance is based on Boogie Bop (choreographer unknown) and was adapted for wheelchairs by Brenda Jeffery

## WITH FOREARMS RESTING ON ARMS OF CHAIR

- 1            Lift left arm straight out to left side, palm down
- 2            Return arm to armrest
- 3            Lift right arms straight out to right side, palm down
- 4            Return arm to armrest

## KEEPING ELBOWS ON ARMREST

- 5            Extend left forearm to left, right forearm to right, palms down
- 6            Return arms to armrests
- 7            Bend both forearms inwards on chest, palms down, fingertips touching
- 8            Place both hands on knees

## RIGHT DIGS AND HOOKS

- 9            Touch heel of right hand on right knee
- 10          Touch left shoulder with right hand, fingers extended
- 11          Touch heel of right hand on right knee
- 12          Lay right hand flat on right knee

## LEFT DIGS AND HOOKS

- 13          Touch heel of left hand on left knee
- 14-15-16    Touch right shoulder with left hand, fingers extended, 3 times

## ROLL FORWARD

- 17-20        Roll forward over 4 counts

## ROLL BACK, ¼ TURN LEFT

- 21-24        Roll back making ¼ turn to left over 4 counts

## REPEAT

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