

Get Your Boogie Down

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 0 級數:
編舞者: Max Perry (USA) & Kathy Hunyadi (USA)
音樂: Boogie Down - Al Jarreau



Sequence: AAB, AAB, BAB, AAA, A to the end of song

SECTION A

WALK, WALK, KICK BALL CROSS, STEP, LEFT ½ TURN, SHUFFLE

- 1-2 Walk forward right, left
- 3&4 Kick right forward, step back on ball of right, cross step left over right
- 5-6 Step back on right, turn ½ left and step forward on left
- 7&8 Shuffle forward right, left, right

STEP, RIGHT ¼ TURN, CROSS, POINT, ¼ MONTEREY, HEEL TWISTS TO RIGHT ¼

- 1-2 Step forward on left, turn ¼ right stepping on right
- 3-4 Cross step left over right, point right to side
- 5 Bring right beside left while turning ¼ right & twist both heels left (this will cause your body to turn another 1/8 right)
- 6 Twist both heels right - bend your knees on the heel twists and "boogie down & up"
- 7-8 Twist both heels left (this will turn you an additional 1/8 right), twist both heels center (now facing 3:00)

STRUT WALK FORWARD, RIGHT ½ TURN WITH BALL CHANGE; STRUT WALK FORWARD, RIGHT ¼ TURN WITH BALL CHANGE

- 1-2 Walk forward right, left but with straight leg kick (you can scuff the heel)
- 3&4 Step forward on right & at same time turn ½ right, step back on ball of left, step right in place (9:00)
- 5-6 Walk forward left, right with straight leg kicks
- 7&8 Step forward on left & at same time turn ¼ left, step to side on ball of right, step left in place (6:00)

CROSS, STEP, SAILOR STEP, FLAT-FOOT PADDLE TURN RIGHT ¼

- 1-2 Cross step right over left, step left to side
- 3&4 Cross right behind left, step left to side, step right in place
- 5-6-7-8 Turning to right, use right foot as an anchor and paddle with left (flat-footed) ¾ turn (now facing 3:00)

SECTION B

RIGHT SHUFFLE, LEFT SHUFFLE, JAZZ BOX TURNING ¼ RIGHT

- 1&2 Shuffle forward right, left, right
- 3&4 Shuffle forward left, right, left
- 5-6-7-8 Cross right over left, step back on left starting ¼ turn right, step right to side completing turn, step left beside right

RIGHT SHUFFLE, LEFT SHUFFLE, STEP & HOLD, SWITCH, STEP & HOLD

- 1&2 Shuffle forward right, left, right
- 3&4 Shuffle forward left, right, left
- 5-6 Step right foot forward, hold
- &7-8 Quickly switch feet stepping left foot forward, hold

SHUFFLE SIDE RIGHT, ROCK STEP, SHUFFLE SIDE LEFT, ROCK STEP

1&2 Shuffle side right (right, left, right)
3-4 Rock left behind right, step right in place
5&6 Shuffle side left (left, right, left)
7-8 Rock right behind left, step left in place

RIGHT SIDE ROCK, RIGHT SAILOR, LEFT SAILOR, SKATE FORWARD RIGHT, SKATE FORWARD LEFT

1-2 Rock to side on right, recover weight to left
3&4 Cross right behind left, step left to side, step right to side
5&6 Cross left behind right, step right to side, step left to side
7-8 Swivel right foot forward and toward right, swivel left foot forward and toward left

REPEAT
