

The 8 Bar Boogie

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate straight rhythm
編舞者: Jean Knott (UK)
音樂: Beat Me Daddy, Eight to the Bar - The Dean Brothers



For added style, start dance by stepping to right on right (flinging arms down and fingers outstretched). Repeat this to left. Do these at the end of the two music introductory "rolls". Then start dancing immediately

WEAVE RIGHT, FORWARD ROCK & HOLD

1-8 Step to right on right, step behind on left, step to right on right, cross left over right, rock forward on right, recover weight on left, step right in place, hold

WEAVE LEFT, FORWARD ROCK & HOLD

9-16 Step to left on left, step behind on right, step to left on left, cross right over left, rock forward on left, recover weight on right, step left in place, hold

STRUT, TOUCH, TOUCH, CROSS STRUT, STRUT

17-24 Right toe strut to right side, cross touch left over right, touch left to left side, cross left toe strut, right toe strut to right side

STEP TAP, STEP HOOK, STEP PIVOT, STEP HOLD

25-32 Step forward on left, tap right toe behind left foot (bending left knee slightly), step back on right & hook left across right (straightening up), step forward left, pivot half turn, step left in place, hold

SIDE ROCKS, SLOW SAILOR STEPS

33-40 Rock to right side, rock to left side, step behind on right, step left in place, step right in place, step behind on left, step right in place, step left in place

SLOW VAUDEVILLE STEPS

41-44 Cross right over left, step left to left side, touch right heel diagonally forward right, step right in place

45-48 Cross left over right, step right to right side, touch left heel diagonally forward left, step left in place

STRUT, TOUCH, TOUCH, CROSS STRUT, STRUT

49-56 Repeat steps 17-24

STEP TAP, STEP HOOK, STEP PIVOT, STEP HOLD

57-64 Repeat steps 25-32

REPEAT

TAG

When these steps have been danced through 3 times the music changes to "in the mood" and you will be facing the 12:00 wall, the following 24 steps should be danced as a tag during this music:

CHARLESTON STEPS

1-16 Tap the right toe forward, hold, step right foot back behind left, hold, tap the left toe back, hold, step left foot forward in front of right, hold, repeat these 8 steps

PADDLE TURNS

17-24 Step forward on right, hold, pivot ¼ turn to left, hold, step forward on right, hold, pivot ¼ turn to left, hold

Start the dance again at the beginning immediately when this tag has been danced 4 times (on the word

"plink")

ENDING

You will finish the dance at the 6:00 wall, On the last beat (48) step to left, (flinging arms down and fingers outstretched)
