

Bud Boogie

拍數: 96 牆數: 1 級數: Intermediate
編舞者: Pam Pike (UK)
音樂: Bamboogie - Bamboo



SWITCHING ROCKS

- 1-2& Step left foot forward, replace weight onto right foot, step left next to right
- 3-4 Step back on right foot, replace weight onto left foot
- 5-6& Step right foot forward, replace weight onto left foot, step right next to left
- 7-8 Step back on left foot, replace weight onto right foot
- 9-15 Repeat counts 1-7 once
- 16 Touch right next to left

SIDE SHUFFLES WITH ROCK STEPS

- 17&18 Right side shuffle (step right foot to right side, step left next to right, step right to right side)
- 19-20 Step back on left foot behind right, replace weight onto right foot
- 21&22 Left side shuffle (step left foot to left side, step right next to left, step left to left side)
- 23-24 Step back on right foot behind left, replace weight onto left foot
- 25&26 Right side shuffle (step right foot to right side, step left next to right, step right to right side)
- 27&28 Step back on left foot behind right, replace weight onto left foot
- 29-30 Step left foot forward, pivot $\frac{1}{4}$ turn right (weight on right foot)
- 31-32 Step left foot forward, pivot $\frac{1}{2}$ turn right (weight on right foot)

FORWARD SHUFFLES WITH WALK AND HALF TURN

- 33-34 Left shuffle forward (step left foot forward, step right next to left, step left foot forward)
- 35-36 Step right foot forward, step left foot forward
- 37&38 Right shuffle forward (step right foot forward, step left next to right, step right foot forward)
- 39-40 Step left foot forward, pivot $\frac{1}{2}$ turn right (weight on right foot)
- 41-48 Repeat counts 33-40

HEEL SWITCHES

- 49&50 Dig left heel forward, step left next to right, dig right heel forward
- &51-52 Step right next to left, dig left heel forward twice
- &53&54 Step left next to right, dig right heel forward, step right next to left, dig left heel forward
- &55-56 Step left next to right, dig right heel forward twice

FORWARD SHUFFLES AND HALF TURNS

- 57&58 Right shuffle forward (step right foot forward, step left next to right, step right foot forward)
- 59-60 Step left foot forward, pivot $\frac{1}{2}$ turn right (weight on right foot)
- 61&62 Left shuffle forward (step left foot forward, step right next to left, step left foot forward)
- 63-64 Step right foot forward, pivot $\frac{1}{2}$ turn left (weight on left foot)

KICK BALL QUARTER TURNS

- 65&66 Kick right foot forward, step ball of right foot next to left, step left next to right making $\frac{1}{4}$ turn left
- 67&68 Kick right foot forward, step ball of right foot next to left, step left next to right making $\frac{1}{4}$ turn left
- 69&70 Kick right foot forward, step ball of right foot next to left, step left next to right making $\frac{1}{4}$ turn left
- 71-72 Kick right foot forward twice

GRAPEVINES WITH QUARTER TURNS AND FORWARD SHUFFLES

- 73-74 Step right foot to right side, step left behind right
75&76 ¼ turn right shuffle (step right foot to right side making ¼ turn right, step left next to right, step right foot forward)
77-78 Step left foot forward, pivot ½ turn right (weight on right foot)
79&80 Left shuffle forward (step left foot forward, step right next to left, step left foot forward)
81-88 Repeat counts 73-80

KICK BALL QUARTER TURNS AND FORWARD SHUFFLE

- 89&90 Kick right foot forward, step ball of right foot next to left, step left next to right making ¼ turn left
91&92 Kick right foot forward, step ball of right foot next to left, step left next to right making ¼ turn left
93-94 Kick right foot forward twice
95&96 Right shuffle forward (step right foot forward, step left next to right, step right foot forward)

REPEAT
