

# Bug A Boo

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Lisa B. Martin  
音樂: Bug a Boo - Destiny's Child



## POINT & POINT & KICK BALL CHANGE, WALK, WALK, ROCK ½ TURN

1&2      Point right to right side, step right beside left, point left to left side  
&      Step left beside right  
3&4      Kick right foot forward, step right beside left, step forward on left  
5-6      Walk forward right, left  
7&8      Rock forward on right recover on left, make a ½ turn right step forward on right

## POINT, TOUCH, SIDE SHUFFLE, SIDE ROCK, POINT PIVOT ¼ TURN

1-2      Point left to left side, touch left beside right  
3&4      Step left to left side, step right beside left, step left to left side  
5-6      Rock right to right side, recover on left  
7-8      Point right foot back, pivot ¼ turn right on ball of right, weight should then be on left foot

## MAMBO FORWARD, SIDE ROCK & CROSS, POINT & POINT, CROSS SHUFFLE

1&2      Rock for onto right, recover on left, step right beside left  
3&4      Rock left to left side, recover on right, cross left over right  
5&      Point right to right side, step right beside left  
6&      Point left to left side, step left beside right  
7&8      Cross right over left, step left to left side, cross right over left

## STEP BACK CROSS, LOCK STEP BACK, COASTER STEP, ¾ TURN

1-2      Step back on left, cross right foot in front of left  
3&4      Step back on left, cross right foot in front of left, step back on left  
5&6      Step back on right, step left beside right, step forward on right  
7-8      Make a ¼ turn stepping forward on your left foot, make a ½ turn right stepping to right side

## LEFT JAZZ BOX, SHUFFLE FORWARD, STEP TOUCH

1-2      Cross left over right, step right back  
3-4      Step left to left side, step right together  
5&6      Step forward on left, step right beside left, step forward on left  
7-8      Step forward on right, touch left behind right

## STEP OUT OUT, HIP, HIP, COASTER STEP, SLIDE

1-2      Step left to left side, step right to right side  
3-4      Hip left, hip right  
5&6      Step left foot back, step right beside left, step forward on left  
7-8      Slide to the right dragging left foot beside right

## TWICE BODY ROLL, HIP SHAKES

1-2      Perform a body roll down to the left diagonal  
3&4      Shake hips right, left, right  
5-6      Perform a body roll down to the right diagonal  
7&8      Shake hips left, right, left

## SAILOR STEP ¼, WALK, WALK, WALKS & SHIMMIES, & CROSS UNWIND ½

1&2      Step right behind left, step left to left side, step right a ¼ turn right

- 3-4 Walk forward left, right
- 5-6 Walk forward left, right, at the same time shimmy your upper part of your body
- &7 Step on to left foot, cross right foot over left
- 8 Unwind  $\frac{1}{2}$  turn left, you should finish with the weight on your left

**REPEAT**

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