Boogalu

拍數: 32

級數: Intermediate

編舞者: Lewis Lee (CAN)

音樂: Funky Latin Boogalu - Patricia Melecio

RIGHT SIDE, LEFT CROSS ROCK, RIGHT RECOVER, LEFT CHASSE, RIGHT CROSS, UNWIND (¾-LEFT), FORWARD LOCK FORWARD (RIGHT, LEFT, RIGHT)

- 1-3 Right step to right side, left cross over right, recover weight back onto right
- 4&5 Left step to left side, right step beside left, left step to left side
- 6-7 Right cross over left, unwind ³⁄₄ turn to left (weight end on left)
- 8&1 Right step forward, left lock step behind right, right step forward

HIP SWAYS / ROCKS (LEFT, RIGHT, LEFT, RIGHT, LEFT), RIGHT (¼-LEFT) FORWARD ROCK, LEFT RECOVER, RIGHT SWEEP (½-RIGHT) SAILOR STEP

- 2-3 Left step slightly side and rock hips left, rock hips right
- 4&5 Rock hips left, rock hips right, rock hips left
- 6-7 Pivot a ¼ turn left on ball of left and step right forward, left recover weight back
- 8&1 Right sweep out ¹/₂ turn right and step behind left, left step to left side, right step forward

LEFT CROSS ROCK, RIGHT RECOVER, LEFT SIDE, RIGHT CROSS ROCK, LEFT RECOVER, RIGHT SIDE, LEFT FORWARD, RIGHT (½-RIGHT) CROSS TOUCH, FORWARD LOCK FORWARD (RIGHT, LEFT, RIGHT)

- 2&3 Left cross over right, recover weight back onto right, left step to left side
- 4&5 Right cross over left, recover weight back onto left, right step to right side
- 6-7 Left step forward, pivot a ¹/₂ turn right on ball of left and right toe touch across left
- 8&1 Right step forward, left lock step behind right, right step forward

HIPS BUMP MOVING FORWARD (LEFT, RIGHT, LEFT), (RIGHT, LEFT, RIGHT), TOE SWITCHES (LEFT THEN RIGHT), LEFT TOUCH, LEFT BACK, RIGHT (¼-RIGHT) SIDE

- 2&3 Left step forward pushing left hip forward, push right hip back, push left hip forward (weight end on left)
- 4&5 Right step forward pushing right hip forward, push left hip back, push right hip forward (weight end on right)
- 6&7& Left toe touch beside right (pop left knee across right slightly), left step in place, right toe touch beside left (pop right knee across left slightly) right step in place
- 8&1 Left toe touch beside right (pop left knee across right slightly), left step back, make a ¼ turn right and right step to right side

Count 1 links end of dance to start

REPEAT





牆數:4