

Boogie All Over

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 2 級數: Improver mixed rhythm
編舞者: Michael Weeks (USA) & Betty Weeks (USA)
音樂: We're Gonna Boogie - Barbara Carr



CHASSE LEFT, ROCK - REPLACE, STEP RIGHT -HOLD, PIVOT ½ TURN LEFT, STEP LEFT-HOLD

1&2-3-4 Step left to left side, step right next to left, step left to left side, rock back on right, replace weight to left
5-6-7-8 Step right to right side, hold, pivot ½ turn left(weight on right) - step to left, hold

CHASSE RIGHT, ROCK - REPLACE, STEP LEFT -HOLD, PIVOT ½ TURN RIGHT, STEP RIGHT-HOLD

1&2-3-4 Step right to right side, step left next to right, step right to right side, rock back on left, replace weight to right
5-6-7-8 Step left to left side, hold, pivot ½ turn right(weight on left) - step to right, hold

LEFT VINE, HEEL JACK, LEFT CROSSOVER, DIAGONAL STEP RIGHT, LEFT FOOT SWIVELS (HEEL, TOE, HEEL-UP)

1-2&3&4 Step left to left, step right behind, quick step left next to right, touch right heel forward, quick step right next to left, cross step left over right (weight on left)
5-6-7-8 Step right forward diagonal, swivel left heel toward right foot, swivel left toe toward right foot, swivel left heel-up toward right (weight on right)

LEFT VINE, HEEL JACK, LEFT CROSSOVER, DIAGONAL STEP RIGHT, LEFT FOOT SWIVELS (HEEL, TOE, TAKE WEIGHT)

1-2&3&4 Step left to left, step right behind, quick step left next to right, touch right heel forward, quick step right next to left, cross step left over right (weight on left)
5-6-7-8 Step right forward diagonal, swivel left heel toward right foot, swivel left toe toward right foot, take weight on left foot next to right

WALK, WALK, WALK, BALL TOUCH TURN ¼ LEFT, KNEE ROLL, KNEE ROLL, KICK BALL CROSS (¼ TURN LEFT)

1-2-3&4 Walk forward right, walk forward left, walk forward right, touch ball of left behind right, turn ¼ left (knee roll) and take weight
5-6-7&8 Roll right knee to the right, roll left knee to the left, kick right forward, step right next to left, turn ¼ turn left as you cross left over right

SKATE, SKATE, KICK - BALL - STEP, SKATE, SKATE, KICK - STEP -TOUCH

1-2-3&4 Slide right forward at right diagonal, slide left forward at left diagonal, kick right forward, step right next to left, step forward left
5-6-7&8 Slide right forward at right diagonal, slide left forward at left diagonal, kick right forward, step right next to left, touch left next to right

Option instead of skates: boogie walk - (with bent knees) diagonal small step forward on ball of foot while bending knees and pushing hips in same direction

REPEAT