The Boogie Doo

拍數: 32　　　　牆數: 0　　　　級數:

編舞者: Norma Jean Fuller (USA)

音樂: You're the Ticket - John Michael Montgomery

Position: Side-by-side position

TRAVELING SAILOR SHUFFLES

1	Step right foot behind left
&	Step on ball of left foot to left
2	Step right foot to right and slightly forward
3	Step left foot behind right
&	Step on ball of right foot to right
4	Step left foot left & slightly forward
5	Step right foot behind left
&	Step on ball of right foot to right
6	Step right foot to right and slightly forward
7	Step left foot behind right
&	Step on ball of right foot to right
8	Step left foot to left & slightly forward

KICK HOOK KICK, HIP HIP HIP, KICK HOOK KICK, HIP HIP HIP

1&2	Kick right foot forward & hook right foot across left, kick right foot forward
3	Step right beside left bumping hips to right
&4	Bump hips to left, bump hips to right
5&6	Kick left foot forward & hook left foot across right, kick left foot forward
7	Step left beside right bumping hips to left
&8	Bump hips to right, bump hips to left

SHUFFLE FORWARD TURNING FULL TURN TO THE RIGHT WITH SHUFFLES

1	Step forward on right, turning ¼ turn right
&	Step left next to right
2	Step forward on right
3	Step forward on left, turning ¼ turn right (releasing left hands)
&	Step right foot next to left
4	Step forward on left
5	Step forward on right, turning ¼ turn right

Man turning under ladies right arm

&	Step left foot next to right
6	Step forward on right
7	Step forward on left, turning ¼ turn right
&	Step left foot next to right
8	Step forward on left (you're now facing flod)

Rejoin left hands into side-by-side position

MODIFIED JAZZ BOX WITH ¼ TURN RIGHT, HEEL SWIVELS

1	Step right foot across in front of left
2	Step back on left
3	Step right to right, turning ¼ turn to right
4	Stomp left next to right (facing outside LOD)
5	With weight on balls of both feet, swivel heels to right

&	Swivel to left
6	Swivel to right
7	Touch left toe to left side
&	Step left foot next to right in a ¼ turn left (facing LOD)
8	Touch right toe out to right side

REPEAT