

Boogie Down

拍數: 32 牆數: 2 級數: Improver
編舞者: Maggie Lydon (UK)
音樂: Boogie Woogie Shuffle - The Urban Cowboys



CROSSING HEEL JACK, HIP PUSH WITH ¼ RIGHT, STEP POINT TWICE

- 1& Cross left over right, right step slightly back
- 2& Left heel touch diagonally forward left, left step in place
- 3 Right step in place
- 4 Push hips out to left side and ¼ turn to right
- 5-6 Step right forward, left toe point out to left side
- 7-8 Step left forward, right toe point out to right side

CROSS BACK, SIDE SHUFFLE, CROSS BACK SHUFFLE ¼ TURN RIGHT

- 9-10 Right cross over left, step left back
- 11&12 Right step to right side, left close next to right, right step to right side
- 13-14 Left cross over right, step right back
- 15&16 Left step to left side, right close next to left, ¼ left and step onto left

FORWARD ROCK, COASTER STEP, BOOGIE WALKS TWICE, STEP, BRUSH

- 17-18 Step right forward, rock back in place onto left
- 19&20 Step right back, left step next to right, step right forward
- 21-22 Step left forward & angle body to left, step right forward & angle body to right
- 23-24 Step left forward, brush right toe forward

BRUSH CROSS, TAP, HEEL BOUNCE TWICE, STEP, PIVOT ½ TURN LEFT, STOMP RIGHT NEXT TO LEFT, HOLD

- 25-26 Brush right toes back across front of left foot, touch right toes on floor
- 27-28 Lift both heels off ground and bounce twice bending knees at same time (click fingers twice at shoulder height) optional
- 29-30 Step right forward, pivot ½ turn left, (transfer weight to left)
- 31-32 Stomp right in place hold for 1 count

REPEAT

This is a swing dance or boogie woogie as some call it, so keep knees slightly bent and bounce very slightly, just go with it and enjoy!
