

Boogie Shoes II

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Sandi Brooks (USA)
音樂: Boogie Shoes - KC and the Sunshine Band



LEFT HEEL GRIND, LEFT COASTER, RIGHT HEEL GRIND, RIGHT COASTER

- 1-2 Place left heel forward and grind heel from inside (instep of right foot) to outside (to the left)
3&4 Left coaster step (step back on left, step back on right so that it is next to left, step forward on left)
5-6 Place right heel forward and grind heel from inside (instep of left foot) to outside (to the right)
7&8 Right coaster step (step back on right, step back on left placing it next to right, step forward on right)

LEFT KICKS FORWARD & TO THE SIDE WITH LEFT SAILOR SHUFFLE TURNING ¼ TO LEFT & RIGHT KICKS FORWARD & TO THE SIDE WITH RIGHT SAILOR SHUFFLES

- 1-2 Kick left foot forward, then without setting it down kick left foot to left side
3&4 Left sailor shuffle turning a ¼ to the left
5-6 Kick right foot forward, then without setting it down kick the right foot to the right side
7&8 Right sailor shuffle

HEEL ROCKS, SINGLE TIME/DOUBLE TIME

- &1-2 Step back on right, kick left heel forward, hold
3-4 Bring left foot back center and change weight from right to left foot (Your right toe should touch next to the instep of the left foot; the right heel is up off the floor), hold
5&6 Double time 1-4 counts: kick left heel forward while rocking/stepping back on the right foot, bring left foot back center and change weight from right to left foot (Your right toe should touch next to the instep of the left foot; the right heel is up off the floor)
7&8 Double time 1-4 counts: kick left heel forward while rocking/stepping back on the right foot, bring left foot back center and change weight from right to left foot (Your right toe should touch next to the instep of the left foot; the right heel is up off the floor)

LEFT & RIGHT KICKS FORWARD & TO THE SIDES WITH SAILOR SHUFFLES

- 1-2 Kick left foot forward, then without setting it down kick left foot to left side
3&4 Left sailor shuffle
5-6 Kick right foot forward, then without setting it down kick the right foot to the right side
7&8 Right sailor shuffle

URNS: ¼ TO RIGHT, ½ TO RIGHT, ½ TO RIGHT, ¼ RIGHT WITH RIGHT COASTER

- 1-2 Step forward on left turning a ¼ turn to the right, hold
3-4 Step back on right to turn ½ turn to the right, hold
5-6 Step on forward on left to turn ½ turn to the right, hold
&7&8 Step back on right to turn a ¼ turn to the right while going into a right coaster step

HOP & CLAPS; CROSS BRUSH ¼ TURNS TO THE LEFT

- &1-2 Hop forward left, right (feet are shoulder width apart), clap
&3-4 Repeat counts &1-2 (weight goes to left foot)
5-6 Turn ¼ left on ball of left foot, while right foot brushes and crosses in front of left shin (kinda like a hook kick), back out to the right as you finish the ¼ turn left (weight stays on left. Do not step right foot down)
7-8 Turn ¼ left on ball of left foot, while right foot brushes and crosses in front of left shin, stomp right next to left, shift weight on to right foot dance starts over

REPEAT
