

Boogie To Woogie

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: east coast swing
編舞者: Barry Durand (USA)
音樂: Boogie Woogie Fiddle Country Blues - Charlie Daniels



TWIST KICK BALL CHANGES

- 1-2 Twist knees to the right on balls of both feet, then to left
3&4 Swivel slightly on right foot to right and kick ball change with the left across in front of right at a 45 degree angle
5-8 Repeat 1-4

SAILOR STEPS STATIONARY PIVOT TURN SLIDE

- 1&2 Cross left behind right and step on ball of left foot, step slightly side with the right foot on ball of right foot, step in place on whole left foot slightly forward
3&4 Cross right behind left and step on ball of right foot, step slightly side with the left foot on the ball of left foot, step in place on whole right foot slightly turned to right
5-6 Step forward on left, turning to the right a ½ turn and step on right foot
7-8 Continue turning a quarter turn to the left (facing front again) and take a slide step to left on left foot, hold

LINDY WHIP TIMING ROCK STEP TRIPLE STEP TURN

- 1-2 Rock step right foot, by stepping back on ball of right foot, recover weight on left
3&4 Triple step to the right having turned a quarter turn right on right, left, right
5-6 Traveling turn full turn to the right stepping left (½ turn), then right (½ turn)
7&8 Continue the right turn a half more and finish with a triple in place left, right, left (you are now facing 9:00)

2 SIDE KICK BALL CHANGES CROSS BEHIND TURNING

- 1&2 Kick right to side and ball change right, left
3-4 Turning a quarter turn to left step side right and cross behind left
5&6 Repeat side kick ball change with right
7-8 Turn left by stepping side right turning ¼ to the left, as you cross behind with the left continue turning left ¼ (facing 12:00)

CROSS KICK, SIDE KICK, TRIPLE

- 1-2 Kick right across in front of left, kick right to side
3&4 Do a triple step in place
5-6 Kick left across in front of right, kick left to side
7-8 Rock left back behind right, recover weight on right

SLOW CROSS STEPS TURNING JAZZ BOX

- 1-2 Turning body on a diagonal to the right step left across in front of right moving forward
3-4 Then turning body on a diagonal to the left step right across in front of left moving forward
5-6 Do a jazz box stepping cross in front left over right, step back on right
7-8 Then step side turning to the left partly, finish a quarter turn to the left stepping forward with right foot (facing 9:00)

FORWARD FORWARD, BACK BACK

- &1-2 Step forward left, step forward right but only so that you are standing with feet apart, hold
&3-4 Step back left, step back right but only so that you are standing with feet apart, hold
&5 Repeat the forward, forward
&6 Repeat the back, back

&7 Repeat the forward, forward

&8 Repeat the back, back

STATIONARY PIVOT TWIST TURN 1-½

1-2 Step forward left, pivot to right ¼ stepping on right

3-4 Cross left over right, bring arms to left to prepare for spin

5-8 Unwind to right and do a twist turn that goes 1-½ turns to right

REPEAT
