

Boogy'n

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: KC Douglas (USA)
音樂: She Boogy'n - Doug Macleod



SPIN STEP ¼ RIGHT, HOLD 3 CTS, 2X

1-2-3-4 Spin on ball of left stepping ¼ right (weight is on right), hold for 3 counts (3:00)
5-6-7-8 Spin on ball of right stepping ¼ right (weight is on left), hold for 3 counts (6:00)

SPIN STEP ¼ LEFT, HOLD 3 CTS, FORWARD LEFT-RIGHT-LEFT-RIGHT-TOUCH

1-2-3-4 Spin on ball of left stepping ¼ right (weight is on right), hold for 3 counts (9:00)
5-6-7-8 Step diagonally forward left, right-together, left, right-touch together

RIGHT-SIDE, TOGETHER, SIDE, TOUCH TURNING ¼ LEFT, LEFT-STEP, RIGHT-BEHIND, LEFT-STEP, RIGHT-TOUCH

1-2-3-4 Right-step to right side, left-step together, right-step to right side, left-toe touch-turning toe ¼ left (6:00)
5-6-7-8 Left-step forward, continuing ¼ turn left, right-step behind left, left-forward, right-touch beside left

RIGHT-SIDE, TOGETHER, SIDE, TOUCH TURNING ¼ LEFT, LEFT-STEP, RIGHT-BEHIND, LEFT-STEP, RIGHT-TOUCH

1-2-3-4 Right-step to right-side, left-step together, right-step to right side, left-toe touch turning toe ¼ left (3:00)
5-6-7-8 Left-step forward, continuing ¼ turn left, right-step behind left, left-forward, right-touch beside left

TRAVELING BACKWARDS- RIGHT-LEFT-OUT-OUT, IN-IN, OUT-OUT, IN-IN

1-2-3-4 Traveling backwards, step out right, step out left, step in right, step in left
5-6-7-8 Continuing backwards, step out right, step out left, step in right, step in left (swing hips while traveling backwards)

RIGHT-SCUFF ¼ RIGHT, LEFT-SCUFF ¼ RIGHT (½ TURN TOTAL), RIGHT- TOUCH TO RIGHT SIDE, TOUCH TOGETHER- RIGHT-STEP RIGHT, LEFT-DRAG TOGETHER

1-2-3-4 Right-heel scuff ¼ right, left-heel scuff right (turning on ball of right), completing ½ turn (6:00)
5-6-7-8 Right-toe point to right side, right-touch together, right-foot step to right side (long step) left-side together, weight on left (9:00)

REPEAT

An easier option for the spin turns: step back on right turning ¼ right (weight right), step forward left turning ¼ right (weight left), step back right turning ¼ right (weight right)