

Boom Shack-A-Lak

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Marcia McCart (USA)
音樂: Boom Shack-A-Lack - Apache Indian



3rd Place Non Country Choreography Award at Tarheel Dance Classic 2001 in Asheville, NC

BODY ROLL TO THE RIGHT, CHA-CHA RIGHT, CHA-CHA LEFT

1-4 Roll hips to the right 2 times
5&6 Step right to right, step left beside right, step right to right (with Cuban hips)
7&8 Step left to left, step right beside left, step left to left

For styling:

1-4 Circle hands, palms down at waist height
5-8 Push hands, palms out to opposite side of movement, as if pushing yourself in the cha-cha

SYNCOPATED VINE RIGHT, SYNCOPATED VINE LEFT

1-2& Step right to right, step left behind right, step right to right
3-4 Cross left over right, step right to right
5-6& Step left to left, step right behind left, step left to left
7-8 Cross right over left, step left to left

RIGHT TOE, HEEL FORWARD, LEFT TOE, HEEL FORWARD, RIGHT TOE, HEEL BACK, LEFT TOE, HEEL BACK

1-2 Touch right toe forward, drop heel with bounce (pump hands up and over head to right side, palms up)
3-4 Touch left toe forward, drop heel with bounce (pump hands up and over head to left side, palms up)
5-6 Touch right toe back, drop heel with bounce (pump hands, palms down next to right thigh)
7-8 Touch left toe back, drop heel with bounce (pump hands, palms down next to left thigh)

ROCK FORWARD, ROCK BACK, ROCK SIDE, TOE TOUCH WITH ½ TURN RIGHT

1-2 Rock forward on right, recover on left
3-4 Rock back on right, recover on left
5-6 Rock right to right, recover on left
7-8 Touch right toe beside left heel, pivot ½ turn right (weight remains of left)

SIDE, BEHIND & HEEL & CROSS & HEEL HOLD & CROSS & CROSS

1-2& Step right to right, step left behind right, step right to right
3&4 Touch left heel diagonally to left, step left beside right, cross right over left
&5-6 Step left beside right, touch right heel diagonally to right, hold (6)
&7&8 Step right beside left, cross left over right, step right beside left, cross left over right

For styling on 6&7&8, put hands, palms down at thighs and push with each beat

ROCK RIGHT, RECOVER, SAILOR TURNING ¼ RIGHT, ROCK, RECOVER, TOE TOUCH, TURN ¼ LEFT

1-2 Rock right to right, recover on left
3&4 Step right behind left starting ¼ turn to right, step left beside right, step right beside left
5-6 Rock forward on left, recover on right
7-8 Touch left toe beside right heel, turning ¼ turn to left, step down on left

REPEAT

Tag: done only one time after second wall.(you will be beginning front wall for 2nd time)

STEP FORWARD, BOUNCE, KNEES - IN, OUT, IN, OUT

1-2-3-4 Step right diagonally forward bending knees (1)and bounce (2)step left beside right, shoulder length apart, bending knees(3) and bounce(4)

5-6-7-8 With knees bent, close knees in, out, in, out

STEP BACK, BOUNCE, KNEES, - OUT, IN, OUT, IN

1-2-3-4 Step right back bending knees (1)and bounce(2), step left next to right bending knees(3) and bounce(4)

5-6-7-8 With knees bent, open knees out, in out, in

For styling when doing 1,2,3,4, in both sets of tag, put hands waist height, palms down and push down with beat as you bounce

For styling when doing 5,6,7,8, in both sets of tag, put hands waist height, palms down and move out, cross in front, out, cross in front as you are doing knees out, in, out, in.
