

Boone Walk

拍數: 84 牆數: 2 級數: Intermediate/Advanced
編舞者: Lisa Cudworth
音樂: Get In Line - Larry Boone



MARCHES - MARCH IN PLACE FACING FRONT

1-8 Right-stomps floor on beat 1, left-stomps on beat 2, continuing right, left, right, left, right, left

MICHAEL JACKSON ¼ TURN

1-4 Right-crosses over in front of left foot and touches floor, then slides to front right, right-crosses behind left foot, turn ½ turn to the right ending up facing the back

5-8 Repeat above 4 steps (¼ turn)-(end up facing front)

SHUFFLE SCOOT (BOONE WALK)

1-6 Right-steps forward, left-slide/touches behind right, putting weight on left foot repeat this movement twice more

7-8 Jump-crossing right leg in front of left, pivot ½ turn toward left (facing the back)

9-16 Repeat Boone walk-end up facing front

ZZ TOP CHUGS, STOMPS

1-5 Left-pivot, right foot chugs 5 times turning toward the left 1/5th turn each chug; on 5th chug transfer weight to right foot

6-8 Facing forward, stomp left, stomp right, stomp-up left

VAUDEVILLE STEP

1-2& Left-step forward, right-step behind, left-step to side

3-4& Right-step forward, left-step behind, right-step to side

5-6& Left-step forward, right-step behind, left-step to side

7-8 Right-step forward, left-step forward

STEP TOUCHES

1-2 Right-step forward, left-touch behind

3-4 Left-step back, right-touch in front

5-6 Right-step back, left-touch in front

7-8 Left-step forward, turn ¼ to left stepping and putting weight on right foot

HEEL TOUCHES

1-4 Step left, touch right heel forward, step right, touch left heel forward

5-8 Step left, touch right heel forward, step right, touch left heel forward

1-4 Same as above 1-4

AROUND THE WORLD

&1 Step on left, with weight on left, touch right foot forward, (as weight transfers back to left foot body position should turn ¼ to left)

2-3 Weight on left facing back, touch right foot forward once again turning ¼ to left

4-5 Weight on left, right foot touches forward turning ¼

6 Weight on left (should be facing forward)

7 Turning ¼ to left, step on right and make a loud stomp

8 Step on left making a loud stomp

STEP TOUCHES

1-8 Repeat above step touches, except touch right together on 8 - should be facing back when finished

REPEAT

TAG

After second repetition

SHIMMIES/STEP-TOUCHES

Do the next 16 counts while shimmying shoulders

1 Start shimmies facing forward / stepping forward on right
2 Touch left in back on right
3-4 Step back on left, touch right foot in front of left
5-6 Stepping forward on right, touch left
7-8 Step back on left, touch right
9-16 Repeat above 8 beats, except step/take weight right on (16)

AROUND THE WORLD HEEL TOUCHES: FACING FRONT

1-4 Step left, touch right heel forward, step right, touch left heel forward
5-8 Step left (turn $\frac{1}{4}$ to left), touch right heel, step right, touch left heel
1-4 Step left (turn $\frac{1}{4}$ to left), touch right heel, step right, touch left heel
5-8 Step left (turn $\frac{1}{4}$ to left), touch right heel, step right, touch left heel
1-4 Step left (turn $\frac{1}{4}$, should be facing front), touch right heel, step right, touch left

JUMP CROSS

1-4 Jump crossing right leg over left, hold, pivot $\frac{1}{2}$ turn to back, hold
5-8 Jump crossing right leg over left, hold, pivot $\frac{1}{2}$ turn facing front, hold
