

Boss Man

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Gloria Johnson (USA)
音樂: Loosen Up My Strings (Dance Mix) - Clint Black



BALL-CHANGES WITH FINGER SNAPS, ROCK-STEP, PIVOT TURN

&1-2 Step right foot to right side; cross-step left foot over right, hold & snap fingers
&3-4 Step right foot to right side; cross-step left foot over right, hold & snap fingers
5-6 Step right foot back; rock forward onto left foot
7-8 Step right foot forward; pivot ½ turn left shifting weight to left foot

CROSS-BALL-CHANGE, SAILOR SHUFFLE, SIDE TOUCHES WITH CROSS-STEPS

9&10 Cross-step right foot over left; step left in place; step right in place
11&12 Cross-step left foot behind right; step right in place; step left in place
13-14 Touch right toe to right side; cross-step right foot over left
15-16 Touch left toe to left side; cross-step left foot over right

MONTEREY TURNS

17-18 Point right toe to right side; pivot ½ turn right on ball of left foot shifting weight to right foot
19-20 Point left toe to left side; step left beside right
21-22 Point right toe to right side; pivot ½ turn right on ball of left foot shifting weight to right foot
23-24 Point left toe to left side. Step left beside right

RIGHT VINE, SAILOR SHUFFLES

25-26 Step right to right side; cross-step left behind right
27-28 Step right to right side; step left slightly forward
29&30 Cross-step right behind left; step left in place; step right in place
Feet should be crossed with right behind and to left of left with weight on right
31&32 Cross-step left behind right; step right in place; step left in place
Feet should be crossed with left behind and to right of right with weight on left

REPEAT

VARIATION FOR STEPS 25-32

For those folks who find steps 25-32 a little too intricate, try this easy alternative.

SHUFFLE, ½ TURN, SHUFFLE, ½ TURN

25&26 Shuffle forward on right, left, right
27-28 Step forward on left, turn ½ turn right (weight on both feet)
29&30 Shuffle forward on right, left, right
31-32 Step forward on left, turn ½ turn right (weight on left foot)