

Bocephus

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Bill "Peanut" Rice (USA)
音樂: Born to Boogie - Hank Williams, Jr.



Position: Solo in lines, all facing the same direction

HEEL SPLITS, TOUCHES, TOE SPLITS

- 1-2 Heels out, heels together
- 3-4 Right foot touch to side, right foot back in place
- 5-6 Left foot touch to side, left foot back in place
- 7-8 With heels in place, fan toes out, toes back in place

FORWARD JOGGING STEPS

- 1-4 Right foot step forward, hop on right, left foot step forward, crossing over right foot, rock back on right foot (step in place)
- 5-8 Left foot step forward, hop on left, right foot step forward, crossing over left foot, rock back on left foot (step in place)

FORWARD JOGGING STEPS (REPEAT)

- 1-4 Right foot step forward, hop on right, left foot step forward, crossing over right foot, rock back on right foot (step in place)
- 5-8 Left foot step forward, hop on left, right foot step forward, crossing over left foot, rock back on left foot (step in place)

BACKWARD STEP, KICK, SCOOT, TOUCH

- 1-2 Right foot kick out to side and back (at same time hop on left foot), right foot step back
- 3-4 Left foot kick out to side and back (at same time hop on right foot), left foot step back
- 5-6 Right foot kick out to side and back (at same time hop on left foot), right foot step back
- 7-8 Right foot scoot forward as left foot kicks forward, feet together

STOMP, STOMP, HEEL, TOGETHER, HEEL, HOOK, TURN ¼, TOGETHER

- 1-2 Right foot stomp, stomp
- 3-4 Right heel touch forward right foot touch in place
- 5-6 Right foot touch forward, lift right foot (heel pointed inward) in front of left leg
- 7 Make ¼ turn to left by pivoting on left foot (at same time kick right foot forward)
- 8 Feet together

REPEAT
