

Boogie To Woogie

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Barry Durand (USA)
音樂: Boogie Woogie Fiddle Country Blues - The Charlie Daniels Band



Twist Kick Ball Changes

(1-8) Twist knees to the right on balls of both feet (1), then to left (2) then swivel slightly on right foot to right and kick ball change (3&4) with the left across in front of right at a 45 degree angle. Repeat (5,6, 7&8).

Sailor Steps Stationary Pivot Turn Slide

(1&2, 3&4) Two sailor steps starting with L foot turning a quarter turn right on count 4 - (Cross left behind right and step on ball of L foot (1), step slightly side with the right foot on ball of R foot (&), step in place on whole L foot slightly forward (2), cross right behind left and step on ball of R foot (3), step slightly side with the left foot on the ball of L foot (&), step in place on whole R foot(4) slightly turned to right).

(5,6,7,8) Step forward on left (5)making a stationary pivot to the right turning a half turn and stepping on right foot (6), continue turning a quarter turn to the left (facing front again) and take a slide step to left on left foot (7), hold 8.

Lindy Whip Timing Rock Step triple step turn

(1, 2, 3&4) Rock step right foot, by stepping back on ball of right foot and recover weight on left (1,2) triple step to the right having turned a quarter turn right on right, left, right (3&4).

(5, 6, 7&8) Traveling turn full turn to the right stepping left (1/2 turn) then right (1/2 turn) (5,6) continue the right turn a half more and finish with a triple in place left, right, left (7&8) you are now facing 9:00.

2 Side Kick Ball Changes Cross Behind turning

(1&2, 3, 4) Kick right to side and ball change right, left (1&2), turning a quarter turn to left step side right and cross behind left (3, 4)

(5&6, 7, 8) Repeat side kick ball change with right (5&6), then turn left by stepping side right turning 1/4 to the left (7) and as you cross behind with the left continue turning left 1/4(8). Facing 12:00

Cross Kick, Side Kick, Triple

(1, 2, 3&4) Kick Right across in front of left (1), kick Right to side (2) do a triple step in place (3&4).

(5,6,7,8) Kick Left across in front of right (5), kick Left to side (6) rock left back behind right (7), recover weight on right (8)

Slow Cross Steps Turning Jazz Box

(1-4) Turning body on a diagonal to the right step left across in front of right moving forward (1,2) then turning body on a diagonal to the left step right across in front of left moving forward (3,4).

(5-8) Do a jazz box stepping cross in front left over right (5), step back on right (6), then step side to the left turning partly to left (7,) and finish a quarter turn to the left stepping forward with right foot (8). Facing 9:00.

Forward Forward, Back Back

(&1, 2, &3, 4) Step forward Left (&) step forward Right (1) but only so that you are standing with feet apart hold count (2). step back Left (&), step back Right (3), but only so that you are standing with feet apart hold count (4).

(&5&6&7&8) Repeat the forward, forward (&5), back, back (&6), forward, forward (&7), back, back (&8) quickly

Stationary Pivot Twist Turn 1-1/2

(1-8)

Step forward left (1) pivot to right 1/4 stepping on right (2), cross left over right (3), bring arms to left to prepare for spin (4), unwind to right and do a twist turn that goes 1-1/2 turns to right (5-8).
