

My Boogie Shoes

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: Improver
編舞者: Sue Ann Ehmann (USA) - December 2007
音樂: Boogie Shoes - KC and the Sunshine Band : (Saturday Night Fever Soundtrack)



SIDE SHUFFLE, STEP ½ TURN, SIDE SHUFFLE, ROCK, RECOVER

1&2 Right side shuffle (right, left, right)
3-4 Step forward left, ½ turn to right stepping right forward foot (6:00)
5&6 Left side shuffle (left, right, left)
7-8 Rock right back, recover to left

REPEAT SIDE SHUFFLE, STEP ½ TURN, SIDE SHUFFLE, ROCK, RECOVER

1&2 Right side shuffle (right, left, right)
3-4 Step forward left, ½ turn to right stepping right forward foot (12:00)
5&6 Left side shuffle (left, right, left)
7-8 Rock right back, recover to left

TOE STRUT RIGHT, TOE STRUT LEFT, WEAVE RIGHT

1-2 Touch right toe on right diagonal, step foot down shifting weight onto right
3-4 Touch left toe on left diagonal, step foot down shifting weight onto left
5-8 Step right to right side, cross left behind right, step right to right side, cross left over right

TOE STRUT RIGHT, TOE STRUT LEFT, WEAVE LEFT

1-2 Touch right toe on right diagonal, step foot down shifting weight onto right
3-4 Touch left toe on left diagonal, step foot down shifting weight onto left
5-8 Cross right behind left, step left to left side, cross right over left, step left to left side

SHUFFLE FORWARD 2X, ¼ TURN RIGHT INTO SUGARFOOT SWIVELS (OR DWIGHT YOAKAMS)

1&2 Shuffle forward (right, left, right)
3&4 Shuffle forward (left, right, left) - turning ¼ right on count 4 (3:00)
5 Swivel left toe to right (on heel of left foot) while touching right heel at instep of left foot
6 Swivel left heel to right (on ball of left foot) while touching right toe at instep of left foot
7 Swivel left toe to right (on heel of left foot) while touching right heel at instep of left foot
8 Swivel left heel to right (on ball of left foot) while touching right toe at instep of left foot

Easy alternative for 5-8: standing in place with weight on left foot, touch right heel, toe, heel, toe beside left foot. Movement can be added later.)

GRAPEVINE RIGHT, GRAPEVINE LEFT

1-4 Step right foot to right, step left foot behind right, step right foot to right side, touch left foot beside right
5-8 Step left foot to left side, step right foot behind left, step left foot to left side, touch right foot beside left

SHUFFLE FORWARD 2X, ¼ TURN RIGHT INTO SUGARFOOT SWIVELS (OR DWIGHT YOAKAMS)

1-8 Repeat section 5 (6:00)

GRAPEVINE RIGHT, GRAPEVINE LEFT WITH ¼ TURN LEFT

1-4 Step right foot to right, step left foot behind right, step right foot to right side, touch left foot beside right
5-6 Step left foot to left side, step right foot behind left
7-8 Turn ¼ left and step left forward, touch right foot beside left (3:00)

REPEAT

