It's a Guitar Boogie



拍數: 48 牆數: 2 級數: Intermediate

編舞者: Alan Haywood (UK) - February 2008 音樂: Guitar Boogie Shuffle - Bert Weedon



(16 count intro)

Alternative tracks: "Born To Boogie" by Hank Williams Jnr from Linedance Fever 3 album 180bpm When using this track, there are 2 restarts to keep in phase – see note at bottom.

Section 1: R side, L together, R side, hold, rock back L, recover R, L side, R behind	
1-2	Step right to right side, step left next to right

3-4 Step right to right side, hold for one count5-6 Rock back onto left, recover weight forward onto right

7-8 Step left to left side, cross step right behind left

Section 2: L 1/4 L, rock forward R, recover L, R over, L back, R over, L back making 1/4 R, R forward

1-2 Step left ¼ left, rock forward onto right (9 o'clock)

3-4 Recover weight back onto left, cross step right over left

5-6 Step back onto left, cross step right over left

7-8 Step back onto left making ½ turn right, step right forward (12 o'clock)

(when using alternative track only - Born to Boogie - restart 1 here - see note at bottom)

Section 3: L toe strut, rock forward R, recover L, R back toe strut, rock back L, recover R

1-2 Left toe forward, drop left heel to floor

3-4 Rock forward onto right, recover weight back onto left

Touch right toe back, drop right heel to floorRock back onto left, recover forward onto right

Section 4: L scissor step, hold, ¼ L, ¼ L, walk forward R L

1-2 Rock left to left side, slide right next to left3-4 Cross step left over right, hold for one count

5-6 Make ¼ left stepping right back, make ¼ turn left stepping left forward (6 o'clock)

7-8 Walk forward right left

Section 5: R out, L out, R in, L in, toes up, toes down, heels up, heels down

1-2 Step right out to right side, step left out to left side (shoulder width apart)

3-4 Step right in place, step left next to right

Keeping weight equal, rock back on heels tipping toes up, bring toes down
Keeping weight equal, rock forward onto toes lifting heels up, bring heels down

Step back onto left diagonally, touch right heel diagonally forward right

(when doing 5-6 7-8, lean body forward, take arms out and in – for styling)

(when using alternative track only – Born to Boogie – restart 2 here – see note at bottom)

Section 6: Heel Jacks

5-6

1-2	Step back onto right, touch left heel diagonally forward left
3-4	Step left into place, cross step right over left

7-8 Step right in place, cross step left over right

NO TAGS OR RESTARTS - YIPPEE!!!!!

Alternative Track - Born To Boogie - 2 restarts required to keep in phase

Restart 1 – during wall 3, dance up to count 15 (Section 2, 1/4 R) then hold for one count – restart

Restart 2 – during wall 6, dance up to count 40 (Section 5, heels up, heels down) – restart facing 6 o'clock