

# I Can Boogie!

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Steve Rutter (UK) & Claire Butterworth (UK) - April 2009  
音樂: Yes Sir, I Can Boogie - Sophie Ellis-Bextor : (Album: I Won't Change You)



**Music Suggestion: "Yes Sir, I Can Boogie" by Baccara (121 B.P.M) from "Baccara – The Collection" album (40 Count Intro').**

**Intro: 40 counts**

## **Section 1-Step, Touch-Ball, Walk Forward, Forward Rock, Triple ¾ Turn Right.**

1            Step forward on right.  
2&3        Touch left toe beside right, place weight down onto left, step right forward.  
4            Step forward on left.  
5-6        Rock forward on right, recover weight back onto left.  
7&8        Make a three-quarter turn right stepping on right, left, right. (9 o'clock)

## **Section 2-Step, Touch-Ball, Walk Forward, Forward Rock, Triple ½ Turn Left.**

1            Step forward on left.  
2&3        Touch right toe beside left, place weight down onto right, step left forward.  
4            Step forward on right.  
5-6        Rock forward on left, recover weight back onto right.  
7&8        Make a half turn left stepping on left, right, left. (3 o'clock)

## **Section 3-Monterey ¼ Turn Right, Monterey ½ Turn Left, Dorothy Steps.**

1-2        Touch right toe to right side, make a quarter turn right stepping right beside left.  
3-4        Touch left toe to left side, make a half turn left stepping left beside right.  
5-6        Step right forward towards right diagonal, lock left behind right.  
&        Step right forward towards right diagonal.  
7-8        Step left forward towards left diagonal, lock right behind left.  
&        Step left forward towards left diagonal. (12 o'clock)

## **Section 4-Forward Rock, Triple Full Turn Right, Jazz Box With Toe Touch.**

1-2        Rock forward on right, recover weight back onto left.  
3&4        Make a full turn right stepping on right, left, right.  
5-6        Cross left over right, step back on right.  
7-8        Step left to left side, touch right toe beside left. (12 o'clock)

## **Section 5-Stomp, Hold, (Ball-Cross, Toe Touch) x2, Ball-Cross, Unwind ½ Turn Left.**

1-2        Stomp right to right side, hold.  
&3        Close left beside right, cross right over left.  
4        Touch left toe to left side.  
&5        Close left beside right, cross right over left.  
6        Touch left toe to left side.  
&7        Close left beside right, cross right over left.  
8        Unwind a half turn left (weight on left). (6 o'clock)

## **Section 6-Cross, Hold, Ball-Cross, Toe Touches, Kick, (Jazz Jump Back) x2.**

1-2        Cross right over left, hold.  
&3        Step left to left side, cross right over left.  
4        Touch left toe to left side.  
&5        Close left beside right, touch right toe to right side.

- 6&7 Kick right forward, step back on right, step left shoulder width apart from right.  
&8 Step back on right, step left shoulder width apart from right (weight on left). (6 o'clock)

**Section 7-Hip Bumps, Full Turn Rolling Vine, Toe Touch.**

- 1-2 Bump hips right twice.  
3-4 Bump hips left twice.  
5-6 Make a quarter turn right stepping forward on right, make a half turn left stepping back on left.  
7-8 Make a quarter turn right stepping right to right side, touch left toe beside right. (6 o'clock)

**Section 8- 1 ¼ Turn Rolling Vine, Toe Touch, Hip Walks.**

- 1-2 Make a quarter turn left stepping forward on left, make a half turn left stepping back on right.  
3-4 Make a half turn left stepping forward on left, touch right toe beside left.  
5&6 Step forward on right bumping hips right, bump hips left, bump hips right.  
7&8 Step forward on left bumping hips left, bump hips right, bump hips left. (3 o'clock)

**Choreographer's Note: Special Thanks to Janis Budgen for suggesting the music to us.**

**Begin Again.**

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