My Oh My!!

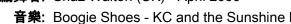
拍數: 32

級數: Improver

編舞者: Shaz Walton (UK) - April 2009

音樂: Boogie Shoes - KC and the Sunshine Band

牆數: 4





Push Forward, Back, Forward, Back-Kick. Rock Back. Recover. Side. Touch 1-2 Push right hip forward. Push right hip back (weight left) 3-4 Push right hip forward. Recover weight on left as you kick right forward. (Really push- get into the groovy beat!) 5-6 Rock back on right. Recover on left. 7-8 Step right to right. Touch left beside right. Side. Slide. Rock. Recover. Side. Side. Slide. Rock. Recover. 1/4 Right. 1-2 Take a big step left. Slide right up to left.

- &3-4 Rock back right. Recover left. Step right to side.
- 5-6 Take a big step left. Slide right up to left.
- &7-8 Rock back right. Recover on left. Make 1/4 right stepping right forward.

Rock. Recover. Ball Step. Point. Cross Unwind ½ Right .Sailor Step.

- 1-2 Rock forward left. Recover on right.
- &3-4 Step left beside right right. Step forward right. Point left to left side.
- 5-6 Cross left over right. Unwind ¹/₂ turn right. (Weight ends left)
- 7&8 Cross right behind left. Step left to side. Step right to side.

Side. Hold. Ball. ¼ Left. ¼ Step. Side. Hold. Ball. Side. Side/Bump.

- 1-2 Step left to side. Hold
- &3-4 step right beside left. Step left forward ¼ left. Make ¼ left stepping right beside left
- 5-6 Step left a Small step to left. Hold.
- &7-8 Step right beside left. Point left to side. Bump left hip (taking weight on left)

Make this a sexy/bumpy/wiggly section- have fun with it!

07762 410 190 Shaz5678@sky.com