

Blame The Boogie

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Pauline Greenwood (AUS) - April 2014
音樂: Blame It On the Boogie - The Jacksons : (Album: The Very Best Of The Jacksons
And Jackson 5 - 3 Mins. 30 Secs.)



Position: Feet Together Weight On Left Foot.
Dance Starts After 32 Count Introduction

[1 - 8] SIDE , ROCK, CROSS SHUFFLE, HALF TURN CROSS SHUFFLE, SIDE, ROCK.

1 2 Step R to R side, Rock weight onto L,
3 & 4 Step R across L, Step L to L side, Step R across L,
5 & 6 Turn 1/2L stepping L across R, Stepping R to R side, Step L across R,
7 8 Step R to R side, Rock weight onto L. (6.00)

[9 - 16] LOCK STEP, TOUCH TOE, TOUCH HEEL, CROSS, BACK, BACK, BACK, BACK.*

1 & 2 Step R forward, Lock step L behind R, Step R forward,
3 & 4 Touch L toe forward with L heel out, Touch L heel slightly back with L toe out, Step L across
R,
5 6 Step R back hitching L knee behind, Step L back hitching R knee behind,
7 8 Step R back hitching L knee behind, Step L back hitching R knee behind.*
(option – with attitude a skipping motion)

[17 –24] SIDE, ROCK, BEHIND, SIDE, CROSS, SIDE, HOLD, TOGETHER, SIDE, SCUFF.

1 2 Step R to R side, Rock weight onto L,
3 4 Step R behind L, Step L to L side, Step R across L,
5 6 & Step L to L side, Hold, Step R beside L,
7 8 Step L to L side, Scuff R across L.

[25 - 32] REGGAE QUARTER TURN, BOOGIE WALKS R,L,R,L.

1 2 Step R across L, Turn 1/4R stepping L back, (9.00)
3 4 Step R to R side, Step L beside R,
5 6 Step R forward on ball of foot twisting R heel out, Step L forward (B.O.F) twisting L heel out,
7 8 Step R forward (B.O.F) twisting R heel out, Step L forward (B.O.F) twisting L heel out.
(option – Boogie Walks –footwork-swivel action, shaking hands out to sides, gradually bringing hands up to
shoulder height. (4 counts)

[32 Beats]. Repeat dance in a counter clockwise rotation.

RESTART *Wall 7 Dance to count 16 then Restart dance to the front.

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