# Blame The Boogie

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] IREGGAE 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.

Contact: www.pgldgeelong.com - email pauline@pgld.com.au





拍數: 32

**牆數:**4