

# Boogie Down

**COPPER KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 2

**Level:** Beginner

**Choreographer:** Wendy Haggerty (USA) - June 2017

**Music:** Boogie Down - Al Jarreau



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## WALK, WALK, WALK, KICK, BACK, BACK, BACK, TOUCH

- 1-4 Walk Forward right, left, right, kick (or touch) left foot forward  
5-8 Walk Back left, right, left, touch right foot beside left

## RIGHT SIDE MAMBO, LEFT SIDE MAMBO

- 1-4 Rock right to right side, recover left in place, step right next to left, hold  
5-8 Rock left to left side, recover right in place, step left next to right, hold

## 2 PIVOT ¼ TURNS

- 1-4 Step forward right, hold, pivot ¼ turn left (weight to left), hold  
5-8 Step forward right, hold, pivot ¼ turn left (weight to left), hold

## V STEP

- 1-2 Step right foot out forward and diagonally to right side, hold  
3-4 Step left foot out forward and diagonally to left side, hold  
5-6 Step right foot back to center, hold  
7-8 Step left foot back to center, hold

If your audience is so inclined, during last 8 counts take out holds and do two V Steps.

**NOTE:** this dance was choreographed in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.

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Enjoy and spice it up!

Contact choreographer: [Whaggerty2016@gmail.com](mailto:Whaggerty2016@gmail.com)/[www.ZestYogaAndFitness.com](http://www.ZestYogaAndFitness.com)

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