

L D F (Let's Dance Forever)



Count: 32 **Wall:** 4 **Level:** Absolute Beginner

Choreographer: Alison Biggs & Peter Metelnick, TheDanceFactoryUK, (Jan 2013)

Music: Boogie Shoes – Glee Cast



Choreographed specially for the LDF (Line Dance Foundation)

Start after 16 count intro (10 secs) – [128 bpm – 2 mins 5secs] - Dance turns counter clockwise

Alt. track: Outta Control (Original Radio Edit) by De-Lano feat Fransico – 32 count intro

[1-8] L/R step touches (with attitude), L side, touch R in-out-in

1-2 Step L side, touch R together

3-4 Step R side, touch L together

Optional styling: On the touches try cross touching over the opposite foot

5-6 Step L side, touch R together

Optional styling: Cross touch on count 6

7-8 Touch R to right side, touch R together (weight on L)

[9-16] Grapevine R for 3 (or side/together/side), L touch, grapevine L with ¼ L turn (or side/together/ ¼ L), R hitch or scuff

1-4 Step R side, cross step L behind R, step R side, touch L together

Easier option 1-4: Step R side, step L together, step R side, touch L together

5-6 Step L side, cross step R behind L

7-8 Turning ¼ left step L forward, hitch R knee up OR scuff R forward (9 o'clock)

Easier option 5-8: Step L side, step R together, turning ¼ left step L fwd, touch R together

[17-24] Walk fwd 3, L touch, Boogie walks back x 4

1-4 Walk forward R, L, R, touch L forward

5-6 Step L back at the same time turn R heel towards centre, step R back at the same time turn L heel towards centre (weight tends to stay on balls of the feet)

7-8 Repeat counts 5-6

Easier option 5-8: Walk back L, R, L, R

[25-32] L back to L diagonal step touch, hip bumps, R side step touch, hip bumps

1-2 Step L back on L diagonal, touch R together

3-4 Bump hips R, bump hips L (weight on L)

5-6 Step R side, touch L together

7-8 Bump hips L, R (weight on R)

Fun option on the hip bumps double time them so the timing would be:

3&4& : Bump hips R, L, R, L 7&8&: Bump hips L, R, L, R

END: Final wall will end at count 16 the hitch/scuff, so strike a pose facing front wall to end.

Contact: Tel: 01462 735778 - Website: www.thedancefactoryuk.co.uk

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