West Coast Boogie



Count: 32 Wall: 2 Level: Improver west coast swing

Choreographer: Rick Bates (USA) & Deborah Bates (USA)

Music: Mary Lou - Delbert McClinton



SWAY, RECOVER, BACK SHUFFLE, FULL TO THE LEFT ROLLING TURN, BACK SHUFFLE

1-2 Step forward on right foot and sway right hip forward; rock back onto left foot

3&4 Shuffle back (right, left, right)

5-6 Step back on left foot and begin a full to the left rolling turn traveling back; step on right foot

and complete to the left rolling turn

7&8 Shuffle back (left, right, left)

ROCK STEP, TURNING SHUFFLE, MILITARY PIVOT, TURNING SHUFFLE

9-10 Step back on right foot; rock forward onto left foot

11&12 Shuffle to the right (right, left, right) making a ¼ turn to the right with these steps

13-14 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right

foot

15&16 Shuffle forward (left, right, left) making a ¼ turn to the right with these steps

ROCK STEP, FORWARD SHUFFLE, WALK, WALK, FORWARD SHUFFLE

17-18 Step back on right foot; rock forward onto left foot

19&20 Shuffle forward (right, left, right)

21-22 Step forward on left foot; step forward on right foot

23&24 Shuffle forward (left, right, left)

CROSS, STEP BACK, COASTER STEP, SIDE ROCK STEP, TURNING TRIPLE STEP

25-26 Cross right foot over left and step; step back on left foot

27&28 Step back on right foot; step left foot next to right; step forward on right foot

29-30 Step to the left on left foot; rock onto right foot

31&32 Triple step in place (left, right, left) making a ½ turn to the left on these steps

REPEAT