

# 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](http://www.thedancefactoryuk.co.uk)**

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