

Boo'd Up

Compte: 64

Mur: 1

Niveau: Improver

Chorégraphe: Dooragg Da Danca (USA) - January 2025

Musique: Boo'd Up - Ella Mai



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong musical muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

PART 1: 16 COUNTS

THREE MAMBOS, PUSH HALF TURN LEFT

1&2 3&4 Mambo up right, mambo back left

5&6 7 8 Mambo right, step on left pushing back to make half left turn

REPEAT STEPS 1 – 8

PART 2: 32 COUNTS

WEAVE LEFT, KICK AND CROSS, WEAVE RIGHT, KICK AND CROSS

1&2&3&4& Right over left, step on left, right behind, step on left, right front, left, kick right, step on right

5&5&7&8& Left over right, step on right, left behind, step on right, left front, right, kick left, step on left

CROSS AND KICK LEFT AND RIGHT, FRONT TAPS LRLR

1&2&3&4& Cross right over left, step left, kick right foot, step right, repeat to the right

5&6&7&8 Tap right, left, right, left

WEAVE LEFT, KICK AND CROSS, WEAVE RIGHT, KICK AND CROSS

1&2&3&4& Right over left, step on left, right behind, step on left, right front, left, kick right, step on right

5&5&7&8& Left over right, step on right, left behind, step on right, left front, right, kick left, step on left

TAP RIGHT HOLD/LEAN FORWARD "HESITATE", RECOVER, TAP LEFT HOLD/HESITATE, RECOVER, KICK BALL CHANGE RIGHT HOLD, RL RL

1&2 3&4 Tap right hold ("hesitate"), recover left, tap left hold ("hesitate"), recover right

5 6 7 8 Tap right, left, right, left

REPEAT PART 2

PART 3: 16 COUNTS

CHA CHA UP, ROCK, RECOVER LEFT TURN, CHA CHA UP, ROCK, RECOVER

1&2 3 4 Shuffle up right, left, right, rock forward on left, recover on right making left half turn

5&6 7 8 Shuffle left, right, left, rock up on right, recover on left

WALKS, EASY HALF TURN TO RIGHT, TAP/POINTS

1 2 3 4 Walk in place right, left, place right behind left to complete half turn to right

5&6 7&8 Tap front right, tap front left, tap right side, tap left side

REPEAT PART 3

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com