

Big Girls Boogie

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Mavis Broom (UK)

Musique: Big Girl (You Are Beautiful) - MIKA

WALK TWICE, KICK-BALL CHANGE, WALK TWICE STEP ½ TURN LEFT

- 1-2 Walk forward right, left
- 3&4 Kick right forward, step ball of right beside left, step left in place
- 5-6 Walk forward right, left
- 7-8 Step forward right, ½ turn left

WALK TWICE, KICK-BALL CHANGE, WALK TWICE, ½ TURN LEFT

- 1-8 Repeat steps as above

HIP BUMPS FORWARD TWICE, HIP BUMPS BACK TWICE, HIP ROLL TWICE

- 1-2 Small step on to right, bump hips forward twice
- 3-4 Bump hips back twice
- 5-8 Roll hips to the right twice, (as if you had a hula hoop). Weight ends on left

STEP, POINT TWICE, SAILOR STEP, SAILOR ¼ TURN

- 1-2 Step right over left, (dip right knee) point left to left (optional shimmy)
- 3-4 Step left over right, (dip left knee) point right to right (optional shimmy)
- 5&6 Step right behind left, step left to left, step right in place
- 7&8 Turn ¼ left stepping left behind right, step right in place, step left next to right

REPEAT
