Boggie Woogie Rock 'n Roll (布吉伍吉搖滾樂) (zh)

拍数: 48 **墙数:** 4 **级数:** Improver

编舞者: Nina Chen (TW) - 2019年05月

音乐: Dixie Aces - Boggie Woogie Rock 'n Roll (Remix)

Intro: 16 counts - No Tag ! No Restart !!

Sec1: DIAGONAL FWD - TOGETHER , HEEL BOUNCE. (x2)

1-4	Step RF fwd to R diagonal - Step LF beside RF, Bounce both heel twice
5-8	Step LF fwd to L diagonal - Step RF beside LF, Bounce both heel twice
1-4	右足右斜前踏 - 左足併踏右足旁, 雙腳足跟抬放兩次
5-8	左足左斜前踏 - 右足併踏左足旁, 雙腳足跟抬放兩次

Sec2: BACK - KICK. (x4)

1-4	Step RF back - Kick LF fwd - Step LF back - Kick RF fwd
5-8	Step RF back - Kick LF fwd - Step LF back - Kick RF fwd
1-4	右足後踏 - 左足前踢 - 左足後踏 - 右足前踢
5-8	右足後踏 - 左足前踢 - 左足後踏 - 右足前踢

Sec3: CHASSE R, ROCK BACK- RECOVER, SIDE - BEHIND - 1/4 L FWD - HOLD

1&2, 3-4	Step RF to R - Step LF beside RF - Step RF to R, Rock LF back - Recover on RF
5-8	Step LF to L - Step RF behind LF - 1/4 turn L (9:00) step LF fwd - Hold
1&2, 3-4	右足右踏 - 左足併踏右足旁 - 右足右踏, 左足後下沉 - 重心回右足
5-8	左足左踏 - 右足後跨 - 左轉1/4 (9:00) 左足前踏 - 候

Sec4: SKATE - HOLD - SKATE - HOLD, DUCK WALK

1-4	Skate RF to R - Hold - Skate LF to L - Hold
5-8	With knees bent, Swivel RF to R diagonal and swivel L heels to L - Swivel LF to L diagonal and swivel R heels to R - Swivel RF to R diagonal and swivel L heels to L - Swivel LF to L diagonal and swivel R heels to R
1-4	右足滑冰步至右方 - 候 - 左足滑冰步至左方 - 候
5-8	膝蓋微彎, 旋轉右足至右斜前踏同時左足跟至左方 - 旋轉左足至左斜前踏同時右足跟至右方 -旋轉右足 至右斜前踏同時左足跟至左方 - 旋轉左足至左斜前踏同時右足跟至右方

Sec5: FWD - PIVOT 1/4 L - FWD - PIVOT 1/4 L, JAZZ BOX

1-4	Step RF fwd - Pivot 1/4 L (6:00) weight on LF - Step RF fwd - Pivot 1/4 L (3:00) weight on LF
5-8	Cross RF over LF - Step LF back - Step RF to R - Step LF beside RF
1-4	右足前踏 - 向左踏轉 1/4 (6:00) 重心回左足 - 右足前踏 - 向左踏轉 1/4 (3:00) 重心回左足
5-8	右足前跨 - 左足後踏 - 右足右踏 - 左足併踏右足旁

Sec6: SWIVEL TO R - HOLD, SWIVEL TO L - HOLD

1-4	Swivel both heels to R - Swivel both toes to R - Swivel both heels to R - Hold (finger)
5-8	Swivel both toes to L - Swivel both heels to L - Swivel both toes to L - Hold (finger)
1-4	旋轉雙足跟至右方- 旋轉雙足尖至右方 - 旋轉雙足跟至右方 - 候 (彈指)
5-8	旋轉雙足跟至左方 - 旋轉雙足尖至左方 - 旋轉雙足尖至左方 - 候 (彈指)

Have Fun & Happy Dancing !!!

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