Boots on the Ground AB

级数: Absolute Beginner

编舞者: Lisa McCammon (USA) - May 2025

音乐: Boots on the Ground - 803Fresh

32 count intro (start on lyrics "whoa, whoa")

Counterclockwise rotation; start with weight on L, R touched next to L ("home")

NOTE: I wrote this for absolute beginner dancers as a floor split for the fun dance by Tre Little. I have substituted claps for the fan clacks.

[1-8] SIDE, TOUCHES

拍数: 32

- 1-4 Step R to right side, touch L home; step L to left side, touch R home
- 5-8 Repeat above, ending weight on L

[9-16] POINT R FWD 2X, SIDE 2X; HEEL, STEP, HEEL, STEP

- 1-2 Keeping weight on L, extend R forward and tap toes 2X
- 3-4 Extend R to side and tap toes 2X
- 5-6 Touch R heel forward, step R home
- 7-8 Touch L heel forward, step L home

[17-24] SIDE, TOUCHES

- 1-4 Step R to right side, touch L home; step L to left side, touch R home
- 5-8 Repeat above, ending weight on L

[25-32] SIDE, TOUCH, TURN LEFT ¼, TOUCH; CLAP 4X

- 1-2 Step R to side, touch L home
- 3-4 Turn left ¼ (9:00) stepping onto L, touch R home
- 5-8 Holding foot position, clap 4X

Option for claps: try clap, clap, clap-clap-clap-clap (5-6, 7&8&) with the music

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墙数:4