# Vintage Boogie

拍数: 96

级数: Improver two step

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音乐: Cowboy Tequila - Adam Brand



### **RIGHT VINE/CLAP: LEFT VINE/CLAPS**

- 1-4 Step right to right, left behind, step right to right, touch with a clap
- 5-8 Step left to left, right behind, step left to left, touch with a clap

#### SIDE STEP AND TOUCH/CLAP TWICE

- 1-2 Step right to right, left touch right instep with a clap
- 3-4 Step left to left, right touch left instep with a clap
- 5-6 Repeat 1-2
- Repeat 3-4 7-8

#### NORTHERN KICK- RIGHT WALK FORWARD, KICK/SHOUT; WALK BACKWARD; REPEAT THE ABOVE WITH LEFT WALK FORWARD

- Walk northwards-right, left, right, left kick forward, throw hands into the air and shout! 1-4
- 5-8 Walk backwards-left, right, left, right
- 9-12 Repeat 1-4 starting with left
- 13-16 Repeat 5-8 starting with right

## BUTTOCKS BUMPS-RIGHT AND LEFT AND ROLLS, REPEAT THE ABOVE WITH LEFT AND RIGHT

- 1-4 Step right toe forward and bump right hip forward, hold, transfer weight to left and bump left hip backward, hold
- 5-8 Roll hips -to the right
- 9-12 Mirror 1-4 starting with left
- 13-16 Roll hips around to the left

## ARMS SIDE ELBOW AND SIDE CHOP; SHOULDERS SHRUGS

- 1-4 With fingers grip, elbows open and parallel to the ground, stretch elbows backwards for 4 counts
- 5-8 Maintaining same posture, extend hand backwards in karate chopping outwards
- 9-12 Shoulders shrugs: left upwards, right upwards, left upwards, right upwards
- Repeat 9-12 13-16

#### **GRIPS-UPWARDS, DOWNWARDS, ROTATES**

- 1-4 Push both hands forward, palm facing upward, grip 4 times
- 5-8 Rotate palm downwards, grip 4 times
- 9-12 Rotate wrists inwards 4 times
- Rotate wrists outwards 4 times 13-16

#### **BELLY SUCKS**

- 1-2 Suck belly button inwards and push outwards-placing both palms against the belly
- 3-16 Repeat the above

## REPEAT



**墙数:**1