

Bow Legged Boogaloo

COPPER KNOB
STEPPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Lance Pritchard (AUS)
音乐: Anyway the Wind Blows - Brother Phelps



CROSS TAP, HOP, STEP, HOP

- 1 Cross right over left and tap
- 2 Raise right knee bringing it back to straight position and hop on left
- 3 Step on right next to left
- 4 Raise left knee, bringing it back to straight position and hop on right

CROSS TAP, HOP, STEP, CLAP

- 5 Cross left over right and tap
- 6 Raise left knee, bringing it back to straight position and hop on right
- 7 Step left next to right and clap
- 8 Hold foot position and clap

JUMPING JACK, LEFT HEEL, STEP

- 9 Jump moving both feet out to sides
- 10 Jump bring feet back together
- 11 Touch left heel out at 45 degrees
- 12 Step left next to right with a jumping motion

RIGHT HEEL STEP, JUMPING JACK

- 13 Touch right heel out at 45 degrees
- 14 Step right next to left with a jumping motion
- 15 Jump moving both feet out to sides
- 16 Jump bring feet back together

SHUFFLE TURN FORWARD, SHUFFLE TURN FORWARD

- 17&18 Shuffle forward right, left, right turning $\frac{1}{2}$ left
- 19&20 Shuffle forward left, right left turning $\frac{1}{2}$ left

TURN $\frac{1}{4}$ LEFT AND HOP TWICE, STOMP, STOMP

- 21 Hop $\frac{1}{4}$ turn left on left
- 22 Hop on left
- 23 Stomp right
- 24 Stomp left

KNEE ROLLS RIGHT AND LEFT

- 25-26 Roll right knee in to the right circle taking 2 counts
- 27-28 Roll left knee in counter-to the right circle taking 2 counts

SWIVET RIGHT, SWIVET LEFT

- 29 With weight on ball of left and heel of right, raise left heel and right toe and twist towards right (left heel is pointed left)
- 30 Return feet to home position
- 31 With weight on ball of right and heel of left, raise right heel and left toe and twist towards left (right heel is pointed right)
- 32 Return feet to home position

ROCKING CHAIR

- 33 Rock forward on right
- 34 Rock back on left
- 35 Rock back on right
- 36 Rock forward on left

¼ TURN WITH ROCKING CHAIR

- 37 Pivoting on ball of left ¼ turn left, rock forward on right
- 38 Rock back on left
- 39 Rock back on right
- 40 Rock forward on left

STEP FORWARD, HOLD, TOUCH, HOLD

- 41 Step forward on right
- 42 Hold
- 43 Touch left to side
- 44 Hold

STEP FORWARD, HOLD, TOUCH, HOLD

- 45 Step forward on left
- 46 Hold
- 47 Touch right to side
- 48 Hold

REPEAT
