

I Can Boogie!

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Steve Rutter (UK) & Claire Butterworth (UK) - April 2009
音乐: Yes Sir, I Can Boogie - Sophie Ellis-Bextor : (Album: I Won't Change You)



Music Suggestion: "Yes Sir, I Can Boogie" by Baccara (121 B.P.M) from "Baccara – The Collection" album (40 Count Intro').

Intro: 40 counts

Section 1-Step, Touch-Ball, Walk Forward, Forward Rock, Triple ¾ Turn Right.

- 1 Step forward on right.
- 2&3 Touch left toe beside right, place weight down onto left, step right forward.
- 4 Step forward on left.
- 5-6 Rock forward on right, recover weight back onto left.
- 7&8 Make a three-quarter turn right stepping on right, left, right. (9 o'clock)

Section 2-Step, Touch-Ball, Walk Forward, Forward Rock, Triple ½ Turn Left.

- 1 Step forward on left.
- 2&3 Touch right toe beside left, place weight down onto right, step left forward.
- 4 Step forward on right.
- 5-6 Rock forward on left, recover weight back onto right.
- 7&8 Make a half turn left stepping on left, right, left. (3 o'clock)

Section 3-Monterey ¼ Turn Right, Monterey ½ Turn Left, Dorothy Steps.

- 1-2 Touch right toe to right side, make a quarter turn right stepping right beside left.
- 3-4 Touch left toe to left side, make a half turn left stepping left beside right.
- 5-6 Step right forward towards right diagonal, lock left behind right.
- & Step right forward towards right diagonal.
- 7-8 Step left forward towards left diagonal, lock right behind left.
- & Step left forward towards left diagonal. (12 o'clock)

Section 4-Forward Rock, Triple Full Turn Right, Jazz Box With Toe Touch.

- 1-2 Rock forward on right, recover weight back onto left.
- 3&4 Make a full turn right stepping on right, left, right.
- 5-6 Cross left over right, step back on right.
- 7-8 Step left to left side, touch right toe beside left. (12 o'clock)

Section 5-Stomp, Hold, (Ball-Cross, Toe Touch) x2, Ball-Cross, Unwind ½ Turn Left.

- 1-2 Stomp right to right side, hold.
- &3 Close left beside right, cross right over left.
- 4 Touch left toe to left side.
- &5 Close left beside right, cross right over left.
- 6 Touch left toe to left side.
- &7 Close left beside right, cross right over left.
- 8 Unwind a half turn left (weight on left). (6 o'clock)

Section 6-Cross, Hold, Ball-Cross, Toe Touches, Kick, (Jazz Jump Back) x2.

- 1-2 Cross right over left, hold.
- &3 Step left to left side, cross right over left.
- 4 Touch left toe to left side.
- &5 Close left beside right, touch right toe to right side.

- 6&7 Kick right forward, step back on right, step left shoulder width apart from right.
&8 Step back on right, step left shoulder width apart from right (weight on left). (6 o'clock)

Section 7-Hip Bumps, Full Turn Rolling Vine, Toe Touch.

- 1-2 Bump hips right twice.
3-4 Bump hips left twice.
5-6 Make a quarter turn right stepping forward on right, make a half turn left stepping back on left.
7-8 Make a quarter turn right stepping right to right side, touch left toe beside right. (6 o'clock)

Section 8- 1 ¼ Turn Rolling Vine, Toe Touch, Hip Walks.

- 1-2 Make a quarter turn left stepping forward on left, make a half turn left stepping back on right.
3-4 Make a half turn left stepping forward on left, touch right toe beside left.
5&6 Step forward on right bumping hips right, bump hips left, bump hips right.
7&8 Step forward on left bumping hips left, bump hips right, bump hips left. (3 o'clock)

Choreographer's Note: Special Thanks to Janis Budgen for suggesting the music to us.

Begin Again.
