

Blame It on the Boogie AB

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 1 級數: Phrased Absolute Beginner
編舞者: Lucy Cooper (UK) - January 2023
音樂: Blame It On the Boogie - The Jacksons



This dance has been written for Absolute Beginners, to learn a dance without needing to turn around to other walls. It is inspired by Ed Lawton's phrased dance, 'Blame It On The Boogie' which works well as a floor split.

SEQUENCE: ABB, ABB, ABB, A ½A, B to the end

PART A: Verse

Side Point, Touch, Step Side, Touch, Side Point, Touch, Step Side, Touch

- 1 2 Point R to R side, touch R beside L
- 3 4 Step R to R side, touch L beside R
- 5 6 Point L to L side, touch L beside R
- 7 8 Step L to L side, touch R beside L

V Step x 2

- 1 2 Step R out to R diagonal, step L out to L diagonal
- 3 4 Step R back in, step L back in
- 5 6 Step R out to R diagonal, step L out to L diagonal
- 7 8 Step R back in, step L back in

Side w. thigh slap, Close w. clap, Heel Swivel x 3, Side w. thigh slap, Close w. clap, Heel Swivel x 3

- 1 2 Step R to R side slapping hands onto thighs, close L beside R clapping hands together
- 3&4 Swivel heels R, L, R (or hip bumps)
- 5 6 Step L to L side slapping hands onto thighs, close R beside L clapping hands together
- 7&8 Swivel heels R, L, R (or hip bumps) weight ends on L

Forward, Touch, Back, Touch, Forward, Touch, Back, Touch

- 1 2 Step R forward, touch L beside R
- 3 4 Step L back, touch R beside L
- 5 6 Step R forward, touch L beside R
- 7 8 Step L back, touch R beside L

(Optional shimmy throughout this section)

PART B: Chorus

Grapevine R, Rolling Vine L (with arm movements)

- 1-4 Step R to side, cross L behind, step R to side, touch L beside R

(Arms: with palms facing away from you imitate 'sunshine' raising hands up then outwards)

- 3 4 Step L forward turning ¼ L, step R back turning ½ L
- 5 6 Step L to side turning ¼ L, touch R beside

(Arms: 'Moonlight' lift arms like a plane and twinkle fingers counts 5-8)

Option: Instead of turning, do a straight grapevine L)

Hips bumps R, hip bumps L, Jazz Box

- 1&2 Step R to R side pushing into R hip, bump hips to L, bump hips to R taking weight onto R
- 3&4 Bump to L hip, bump hips to R, bump hips to L taking weight onto L
- 5 6 Cross R over L, step L back
- 7 8 Step R to R side, step L forward

(Arms: Roll your arms over 5-8)

