

Blame It on the Boogie for Everyone (seated)

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Seated
編舞者: Helen Parkyn (UK) - August 2024
音樂: Blame It On the Boogie - The Jacksons



32 count intro

SECTION 1

- 1 – 4 PUSH RIGHT HAND FORWARD (SHOULDER HEIGHT, PALMS FACING FRONT), PULL BACK, PUSH LEFT HAND FORWARD, PULL BACK
5 – 8 PUSH RIGHT HAND FORWARD (5), SWEEP IT ROUND TO THE BACK OVER 3 BEATS

SECTION 2

- 1 – 4 PUSH LEFT HAND FORWARD (SHOULDER HEIGHT, PALMS FACING FORWARD), PULL BACK, PUSH RIGHT HAND FORWARD, PULL BACK
5 – 8 PUSH LEFT HAND FORWARD (5), AND SWEEP IT ROUND TO THE BACK OVER 3 BEATS.

***** RESTART HERE WALL 4 *****

SECTION 3

- 1 – 4 PUSH RIGHT HAND OUT TO SIDE (SHOULDER HEIGHT, PALM FACING OUT), PULL BACK, PUSH LEFT HAND OUT TO SIDE, PULL BACK
5 – 8 PUSH RIGHT HAND OUT TO SIDE AND PULL BACK TWICE (LEFT HAND RESTING IN LAP)

SECTION 4

- 1 – 4 PUSH LEFT HAND OUT TO SIDE (SHOULDER HEIGHT, PALM FACING OUT), PULL BACK, PUSH RIGHT HAND OUT TO SIDE, PULL BACK
5 – 8 PUSH LEFT HAND OUT TO SIDE AND PULL BACK TWICE (RIGHT HAND RESTING IN LAP)

SECTION 5

- 1 – 4 SMALL SWEEP RIGHT HAND FROM LAP UP TO SHOULDER HEIGHT WITH PALM FACING UP, HOLD, SMALL SWEEP LEFT HAND UP TO SHOULDER HEIGHT WITH PALM FACING UP, HOLD
5 – 8 SWEEP RIGHT HAND IN BIG CIRCLE FROM LAP LEFT TO RIGHT (OVER THE HEAD) OVER 4 COUNTS

SECTION 6

- 1 – 4 SMALL SWEEP LEFT HAND FROM LAP UP TO SHOULDER HEIGHT WITH PALM FACING UP, HOLD, SMALL SWEEP RIGHT HAND UP TO SHOULDER HEIGHT WITH PALM FACING UP, HOLD
5 – 8 SWEEP LEFT HAND IN BIG CIRCLE FROM LAP RIGHT TO LEFT (OVER HEAD) OVER 4 COUNTS

REPEAT SECTIONS 5 AND 6

BEGIN AGAIN ***** RESTART ON WALL 4 AFTER 16 COUNTS *****