

Down In Boots

拍數: 32 牆數: 1 級數: Beginner
編舞者: Chelsea Gillum (AUS) & Narelle Parker (AUS) - November 2024
音樂: Down In Boots - Y.O.G.A., Kaylee Bell & Blake O'Connor



*Special mention to Teena Parrish

Restarts: 2 (Wall 2 & Wall 6)

Wall Adaption: To adapt dance to 4 wall, alter Right Pivot to $\frac{1}{4}$ turn left instead of a half.
This dance has been designed for Y.O.G.A to do on stage but to be adapted to 4 wall for line dancers.

Intro: Approx. 42 counts in

R VINE, R BALL CROSS, R SIDE ROCK

1, 2 Step R to R side (1), Step L behind R (2)
&3,4 R ball change (&), Cross L over R (3), Rock R to side (4)
5, 6 Step L to L side (5), Step R behind L (6)
&7,8 L ball change (&), Cross R over L (7), Rock L to side (8)

R SHUFFLE FORWARD, L PIVOT $\frac{1}{2}$, L SHUFFLE FORWARD, R PIVOT $\frac{1}{2}$ (To adapt to 4 wall dance, alter last pivot to R Pivot $\frac{1}{4}$ over left shoulder)

1&2 Step R forward (1), Step L behind R (&), Step R forward (2)
3-4 Step L forward (3) and pivot over right shoulder (4)
5&6 Step L forward (5), Step R behind L (&), Step L forward (6)
7-8 Step R forward (7) and pivot over left shoulder (8)

*Restart #2 - Wall 6

Restart after R Pivot

HEEL SWITCHES (R HEEL, L HEEL, R HEEL), RIGHT HIP BUMP, HEEL SWITCHES (L HEEL, R HEEL, L HEEL), LEFT HIP BUMP

1&2 Tap R heel forward (1), Bring R together (&), Tap L heel forward (2)
&3&4 Bring L together (&), Tap R heel forward (&), R hip bump up and down (& 4)
5&6 Tap L heel forward (5), Bring L together (&), Tap R heel forward (6)
&7&8 Bring R together (&), Tap L heel forward (7), L hip bump up and down (& 8)

*Restart #1 - Wall 2

Restart after heels and hip bump L

R STEP AND SLIDE FORWARD, L STEP AND SLIDE FORWARD, 2 R KICK BALL CHANGES

1, 2 Step R forward on diagonal (1), Slide L next to R (2)
3, 4 Step L forward on diagonal (3), Slide R next to L (4)
5&6 Kick R forward (5), Step on ball of R foot (&), Step down on L foot (6)
7, 8 Bring R together (7), Tap L heel forward (&), L hip bump up and down (8)

START AGAIN

End Dance after heel switches with a stomp ending on lyrics "Down in Boots".
Feel free to create variations to this and have fun!

Gilly's Line Dancing, Brisbane
gillyslinedancing@gmail.com