

Rockin' the Boogie Woogie

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Improver
編舞者: Jennifer Jones (USA) - March 2025
音樂: Rockin' Pneumonia and the Boogie Woogie Flu - Johnny Rivers



Available on: iTunes and amazon.com

SECTION 1: STEP TOUCHES

1,2,3,4 R step fwd., L toe point left, L step fwd., R toe point right
5,6,7,8 R step fwd., L toe point left, L step fwd., R toe point right

SECTION 2: STEP BACK, KICK, STEP BACK, KICK, ROCK BACK RECOVER, WALK, WALK

1,2,3,4 R step back, L kick fwd., L step back, R kick fwd.
5,6,7,8 R rock back, recover L, walk fwd., R,L

SECTION 3: POINT, POINT, COASTER STEP, POINT, POINT, ¼ TURN SALOR SHUFFLE

1,2 R toe point fwd., R toe point right
3&4 R step back, L step next to R, R step fwd.
5,6 L toe point fwd., L toe point left
7&8 L cross behind R, ¼ turn left, R step next to L, L step fwd.

SECTION 4: V-STEP, SWIVEL HIPS ¼ TURN LEFT, HAND MOTION: HAND (PALM UP) OUT, R&L, R HAND TO L SHOULDER, L HAND TO R SHOULDER, RAISE ARMS UP AND CIRCLE IN AIR

1,2,3,4 R step diagonal fwd., L step diagonal fwd., R step back, L step next to R,
R hand fwd. palm up (1), L hand fwd. palm up (2) R hand to Left shoulder (3), L hand to right shoulder (4)
5,6,7,8 R step fwd., 1/8 turn left, L step in place, R step fwd., 1/8 turn left, L step in place (swivel hips as you turn)

SECTION 5: DOUBLE HIP BUMPS R & L

1,2,3,4 Double hip bumps R & L
5,6,7,8 Double hip bumps R & L

SECTION 6: EXAGGERATED ¼ TURNING JAZZ BOXES

1,2,3,4 Cross R over L, step back L, R Step ¼ turn right, L step fwd.,
5,6,7,8 Cross R over L, step back L, R Step ¼ turn right, L step fwd.,

SECTION 7: WALK FWD., KICK, WALK BACK, TOUCH

1,2,3,4 Walk fwd., R, L, R, kick L fwd.,
5,6,7,8 Walk back L, R, L, touch R next to L

SECTION 8: V-STEP, SWIVEL HIPS ¼ TURN LEFT, HAND MOTION: HAND (PALM UP) OUT, R&L, R HAND TO L SHOULDER, L HAND TO R SHOULDER, RAISE ARMS UP AND CIRCLE IN AIR

1,2,3,4 R step diagonal fwd., L step diagonal fwd., R step back, L step next to R
R hand fwd. palm up (1), L hand fwd. palm up (2) R hand to Left shoulder (3), L hand to right shoulder (4)
5,6,7,8 R step fwd., 1/8 turn left, L step in place, R step fwd., 1/8 turn left, L step in place (swivel hips as you turn)

To end on the front wall: wall 6 (9:00), section 4, last 4 count, instead of a ¼ turn left make a ½ turn left

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Thank you and enjoy the dance. Contact: jenjones2018dance@gmail.com

