Boots Off Quick

級數: Phrased Improver



拍數: 40

編舞者: Melissa Lau (NZ) - April 2025

音樂: Boots Off - Jon Pardi

Sequence: AABB AABB A(16-ct) AABB A(16-ct)

Intro: 32 counts

Part A

VINE RIGHT, TOUCH, SIDE (HIP ROLL), TOUCH, SIDE (HIP ROLL), TOUCH

牆數:2

1, 2, 3, 4Step R to side, step L behind R, step R to side, tap L beside R (12:00)5, 6, 7, 8Step L to side, tap R in place, step R in place, tap L in place (optional: hip roll)

VINE ¼ LEFT, SCUFF, 2x ½ PIVOT

- 1, 2, 3, 4 Step L to side, step R behind L, turn 1/4 left stepping L fwd, scuff R (9:00)
- 5, 6 Step R fwd, pivot ¹/₂ turn left transferring weight onto L (3:00)
- 7, 8 Step R fwd, pivot ½ turn left transferring weight onto L (9:00) (* RESTART)

KICK-BALL-CHANGE, BACK SHUFFLE, BACK, ½ RIGHT, FWD, SCUFF

- 1&2 Kick R fwd, step R on ball of foot slightly back, step L next to R
- 3&4 Step R slightly back, step L next to R, step R slightly back
- 5, 6, 7, 8 Step L back, turn 1/2 right stepping R fwd, step L fwd, scuff R (3:00)

STOMP, HEEL BOUNCE (x 2), FWD HOP OUT-OUT, HOLD, BACK HOP IN-IN, HOLD

- 1, 2, 3, 4 Stomp R fwd, bounce R heel, stomp L fwd, bounce L heel
- &5, 6 Jump R out diagonal fwd, jump L out diagonal fwd, hold (clap)
- &7, 8 Jump R back in, jump L back together, hold (clap)

Part B (6:00, 12:00, 3:00)

KICK, KICK-TOGETHER (x 2), SIDE SWITCHES, HOLD (CLAP-CLAP)

- 1, 2& Kick R fwd twice, step R next to L
- 3, 4& Kick L fwd twice, step L next to R
- 5&, 6& Touch R toe to side, step R together, touch L toe to side, step L together
- 7, &8 Touch R toe to side, hold while clapping twice

* RESTART: after 16 counts in Part A (facing 9:00)

* ENDING: after 16 counts, step R to side facing the front