

Boogie Out

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Elaine Williams (AUS)
音樂: Bring Out The Boogie In Me - Sonny & McGhee



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|-------|---|
| 1-2 | Stepping forward onto right foot at 45 degrees, bump hips forward (rocking back onto left foot), bump hips back |
| &3 | Jump right foot slightly forward to right side, jump left foot slightly forward to left side (feet should be even with each other about shoulder width apart) |
| &4 | Jump right foot back to the center, jump left beside right |
| 5 | Rotate knees in a circular motion to the left |
| 6 | Rotate knees in a circular motion to the right (figure 8) |
| &7 | Step right foot to right side, change weight to left (ball change) |
| &8 | Step right behind & across left, rock forward onto left |
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| 9-10 | Step onto right toe to right side, step down on right heel (toe strut) |
| 11-12 | Step left behind & across right, rock forward onto right |
| &13 | Step left foot to side, change weight to right (ball change) |
| &14 | Step left behind & across right, rock forward onto right |
| 15-16 | Step onto left toe to left side, step down on left heel (toe strut) |
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| 17-18 | Step right behind & across left, rock forward onto left |
| 19&20 | Step right foot to right side (bumping right hip to right side), rock back onto left foot, close right beside left (clicking fingers of both hands at chest height) |
| 21&22 | Step left foot to left side (bumping left hip to left side), rock back onto right foot, close left beside right (clicking fingers of both hands at chest height) |
| 23-24 | Step right foot across in front of left while bending knees touch left toe to left side while straightening upright and shimmy shoulders right-left-right |
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| 25-26 | Step left foot across in front of right while bending knees touch right toe to right side while straightening upright and shimmy shoulders right-left-right |
| 27-28 | Step right foot forward, push weight off right turning ¼ turn left |
| 29-30 | Step right foot forward, push weight off right turning ½ turn left |
| 31-32 | Step right foot forward at 45 degrees right bumping hips forward, rock backwards onto left bumping hips back |

REPEAT
