

Boogie Woogie Blues

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 2 級數:
編舞者: Trish Boesel (USA)
音樂: Rockin' Pneumonia - Ronnie McDowell



SHUFFLE BACK, TAP-TAP-STEP, ½ SHUFFLE TURN LEFT, COASTER STEP

1&2 Shuffle back right, left, right
3&4 Touch left toe back, touch left next to right, step forward on left
5&6 Step forward on right into ¼ turn left, step left next to right, step to side on right into ¼ turn left
7&8 Step back on left, step right next to left, step forward on left

SHUFFLE FORWARD, & HEEL & STEP FORWARD, STEP, STEP, TAP-SCOOT-BACK

1&2 Shuffle forward right, left, right
&3&4 Step back on left, tap right heel forward, step right center, step forward on left
Styling note: push hands out in front with palms forward as if pushing back
5-6 Step forward right, step forward left
7&8 Tap right toe behind left, scoot back on left, step back on right

SHUFFLE BACK, ¼ TURN & CROSS, FULL TURN, SHUFFLE FORWARD

1&2 Shuffle back left, right, left
&3-4 Step right into ¼ turn right, cross left over right, hold
5-6 Step right back into ½ turn right, step forward on left into ½ turn right
7&8 Shuffle forward right, left, right (towards 9:00 wall)

& CROSS, HOLD, & CROSS, HOLD, & CROSS, TURN ½, & FORWARD, & BACK

&1-2 Step left to side, cross right over left, hold
&3-4 Step left to side, cross right over left, hold
&5-6 Step left to side, cross right over left (weight remains on left), ½ turn left (weight remains left)
&7&8 Step forward on right, step left next to right, step back on right, step left next to right

Styling note: shimmy shoulders on & back & back

TRIPLE STEP, TRIPLE STEP, CROSS-TURN, STEP, TOUCH, STEP

1&2 Triple step right, left, right (styling: progress slightly to right)
3&4 Triple step left, right, left (styling: progress slightly to left)
5-8 Cross right behind left into ¼ turn right, step forward on left, touch right toe forward, step right in place

STEP, PIVOT, ¾ SHUFFLE TURN, SAILOR SHUFFLE, SAILOR SHUFFLE

1-2 Step forward on left, pivot ½ turn right onto right
3&4 Step forward on left into ¼ turn right, step right into ¼ turn right, step left into ¼ turn right
5&6 Sailor shuffle: cross right behind left, step to side on ball of left, step to side on right
7&8 Sailor shuffle: cross left behind right, step to side on ball of right, step to side on left

Styling note: these sailor shuffles travel slightly backwards

STEP, PIVOT, ¾ TURN, SAILOR SHUFFLE, SAILOR SHUFFLE

1-2 Step forward on right, pivot ½ turn left onto left
3&4 Step forward on right into ¼ turn left, step left into ¼ turn left, step right into ¼ turn left
5&6 Sailor shuffle: cross left behind right, step to side on ball of right, step to side on left
7&8 Sailor shuffle: cross right behind left, step to side on ball of left, step to side on right

Styling note: these sailor shuffles travel slightly backwards

& STEP FORWARD RIGHT, LEFT, RIGHT, BRUSH, CROSS, & BACK, & BACK, HOLD

- &1-4 Step left next to right, step forward right, step forward left, step forward right, brush left forward
- 5 Cross step left over right
- &6&7 Step back on right, cross left over right, step back on right, cross left over right
- 8 Hold

Styling note: shimmy shoulders on counts "&6&7"

REPEAT
