Bocephus Boogie



拍數: 48 編數: 4 級數: Intermediate

編舞者: Su Marshall (NZ)

音樂: Born to Boogie - Hank Williams, Jr.



HEEL, HOOK, HEEL, CLOSE, REPEAT

1-2-3-4 Tap right heel forward, hook under left knee, tap right heel forward, close 5-6-7-8 Tap left heel forward, hook under right knee, tap left heel forward, close

HINGE TURN, HOLD, HINGE TURN, HOLD, ½ TURN INTO HEELS-TOES

1 Turn ½ turn to the left on ball of right foot ("hinge turn")

2 Hold for 1 count

3 Hinge turn to the right on ball of left foot

4 Hold for 1 count

5-8 Turn ½ turn to the right on ball of right foot moving straight into a heels-toes-heels-toes swivel

traveling to left

STAMP, HOLD, STAMP, CLOSE, HOLD, BRONCO TWISTS RIGHT, LEFT

1-2 Stamp forward on right, hold for 1 count3-4 Stamp left to close, hold for 1 count

5 With weight on right heel & left toe twist to face right side

6 Return to center

7 With weight on left heel & right toe twist to face left side

8 Return to center ("bronco twists")

KICK, KICK WITH 1/4 TURN, BACK, CLOSE, MONTERREY, SIDE, CLOSE

1 Kick right foot forward

2 Turn ¼ turn to the right & kick right foot forward

3-4 Step back on right, close with left

5 Touch right toe to side

Turn ½ turn to the right on ball of left foot closing right to left & transferring weight ("Monterey

turn")

7-8 Touch left toe to side, close

MONTERREY, SIDE, CLOSE, TAP HEEL, TAP TOE, SIDE, SIDE

1 Touch right toe to side

&2 Monterrey turn

3-4 Touch left toe to side, close5 Tap right heel forward

46 Hop onto right & touch left toe back
47 Hop onto left & touch right toe to side
48 Hop onto right & touch left toe to side

STAMP, STAMP, SLAP, SLAP, HIP BUMPS RIGHT, LEFT, RIGHT, LEFT

1-2 Stamp left foot in place, stamp right foot in place

3 Slap right hand on right butt cheek (leave the hand there)

4 Slap left hand on left butt cheek (ladies leave hands there for bumps, guys drop hands)

5-8 Bump hips right, left, right, left (put some attitude in to it)

REPEAT

After the lyrics say "he lit a cigarette & stuck his hand out" STEP, SLIDE CLOSE WITH SHOULDER SHIMMY TWICE

1 Step forward right on 45 degrees

2-3 Slide left to close for 2 counts & shake shoulders

4 Clap

5 Step forward left on 45 degrees

6-7 Slide right to close for 2 counts & shake shoulders

8 Clap

BACK, CLOSE & CLAP, BACK, CLOSE & CLAP, REPEAT

1-2 Step back right on 45 degrees, close with left & clap3-4 Step back left on 45 degrees, close with right & clap

5-6-7-8 Repeat Then back to start of dance