

Baha Boogie

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Janeen Kenny (NZ)
音樂: Move It Like This - Baha Men



HIP BUMPS, ½ TURN RIGHT

1&2 Weight on left foot, step forward 45 degrees on right and move hips
3-4 Forward, back, forward (double hip bump), step forward on left and pivot ½ turn to right

HIP BUMPS, ½ TURN LEFT

5-8 As above, but using opposite leg

CROSS, SIDE, SAILOR STEP

1-2 Cross right over left, step left to left
3&4 Step right behind left, step left to left, step right foot to right side

CROSS, SIDE, SAILOR STEP

5-6 Cross left over right, step right to right
7&8 Step left behind right, step right to right, step left foot to left side

CROSS, SIDE, ½ TURN SHUFFLE

1-2 Step right across left, step left to left, pivoting on ball of left foot to turn ½
3&4 Turn to right, shuffle forward right, left, right

½ TURN, FORWARD SHUFFLE

5-6-7&8 Step forward on left, pivot ½ turn to right and shuffle forward left, right, left

This is where you can choose the ending that suits you. For low impact dancers, you can do the following:

CROSS, POINT, CROSS POINT

1-2-3-4 Step right across left, point left toe to side, step left across right, point right toe to side (then continue with jazz square, ¼ turn right to finish)

Or for a bit of a challenge and extra workout, you can do this

CROSS AND HEEL, CROSS AND HEEL (MOVING VAUDEVILLES)

1&2&3&4& Cross right over left, step back on left, place right heel at 45 degrees right, step right together, cross left over right, step back on right, place left heel at 45 degrees left, step left together (steps moving slightly forward)

REPEAT

TO FINISH DANCE

JAZZ SQUARE, ¼ TURN RIGHT

1-2-3-4 Step right over left, step back on left, step ¼ turn right on right foot, close left