

Bargain Boogie

拍數: 32 牆數: 4 級數: Beginner
編舞者: Michele Burton (USA)
音樂: High-Tech Redneck - George Jones



TOUCH SIDE, TOUCH CENTER, STEP SLIDES TO RIGHT

- 1-2 Touch right toe to right, touch ball of right foot beside left
- 3-4 Step right foot to right, slide left foot beside right
- 5-8 Repeat counts 3-4 two more times

JAZZ BOX, STEP LOCK WITH ¼ PIVOT TURN LEFT

- 9-12 Cross right foot over left, step back on left foot, step to right with right foot, step left foot beside right
- 13-14 Step forward on right foot, slide left foot up to cross (lock) behind right foot
- 15-16 Step forward on right foot, ¼ pivot turn left (weight on left foot)

SHUFFLE FORWARD, SWING, SWING, SHUFFLE FORWARD, STOMP, STOMP

- 17&18 Step forward on right foot, step left beside right, step forward on right foot
- 19-20 Brush left foot forward, brush left foot back
- 21&22 Step forward on left foot, step right beside left, step forward on left foot
- 23-24 Step forward and stomp right foot, stomp left beside right

TOUCH STEP, TOUCH STEP, TOUCH STEP, HEEL DROPS

- 25-26 Touch right foot to right, step right foot beside left
- 27-28 Touch left foot to left, step left foot beside right
- 29-30 Touch right foot to right, step right foot beside left
- &31&32 Lift heels up, drop heels to floor, lift heels up, drop heels to floor

REPEAT

The bargain part of the boogie!

Here are some intermediate to advanced variations for the above patterns

TOUCH SIDE, TOUCH CENTER, REPLACEMENT STEPS (ADVANCED)

- 1-2 Touch right toe to right, touch right ball of foot beside left
- 3-4 Touch right toe to right, hold (shift weight to ball of right foot, right knee bent)
- &5-6 Step left foot beside right, touch right foot to right, hold (shift weight to ball of right foot)
- &7 Step left foot beside right, step right foot to right, (weight is on right foot)
- 8 Step left foot beside right (weight is on left foot)

CROSS BACK, PIVOT TURN, BODY ROLL (ADVANCED)

- 9-10 Cross right foot over left, step back on left
- 11-12 Step forward on right foot, ¼ pivot turn to left
- 13 Step forward on right foot
- 14-16 Body roll (angle body toward 1:00. Body roll from head down through knee, ending with weight on left foot)

SHUFFLE FORWARD, SWING CROSS, SWING HOP STEP, STOMP STOMP (INTERMEDIATE)

- 17&18 Step forward on right foot, step left beside right, step forward on right foot
- 19-20 Brush left foot forward, brush back as it hooks across right shin
- 21 Brush left foot forward
- &22 Hop on right foot, step forward on left foot
- 23-24 Step forward and stomp right foot, stomp left beside right

MONTEREY TURNS, HIP SHAKES (INTERMEDIATE)

- 25-26 Touch right toe to right side, pivot ½ turn to right on ball of left as you step right next to left
27-28 Touch left toe to left side, step left foot beside right
29-30 Touch right toe to right side, pivot ½ turn to right on ball of left as you step right next to left
31&32 Shake hips left, right, left

Or use the following for those last 8 counts:

VAUDEVILLE STEPS, HEEL DROPS (ADVANCED)

- 25 Step to right with right foot (a lunging motion - right knee bent, weight on ball of right foot)
26&27 Cross left behind right, step right beside left, step left foot to left (lunging motion)
28&29 Cross right behind left, step left beside right, step right foot to right (lunging motion)
30 Step left foot beside right
&31&32 Lift heels up, drop heels to floor, lift heels, drop heels to floor
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