Any Boogie Will Do

拍數: 64

級數: Improver

編舞者: Fran Thomas (USA)

音樂: Baby Likes to Rock It - The Tractors

MAMBO RIGHT, HOLD, MAMBO LEFT, HOLD

- 1-4 Side rock to the right, recover on left and hold for left count
- 5-8 Side rock to the left, recover on right and hold for 1 count

PARTIAL VINE RIGHT, HOLD, CROSS ROCK TO RIGHT, HOLD

- 1-4 Step to side with right, step left behind right, step to side with right and hold 1 count
- 5-8 Cross step left over right (turning body ¼ to right), rock back on right (turning body ¼ left), side step on left and hold 1 count

PRISSY STEPS (OR FULL TURN LEFT), PARTIAL VINE LEFT, HOLD

- 1-4 (Turning body ¼ to left) prissy step right, left, right (or make a full turn left) and hold for 1 count
- 5-8 (Facing ¼ to right) step to side with left, step right behind left, step to side with left and hold 1 count

CROSS ROCK TO LEFT, HOLD, PRISSY STEPS (OR FULL TURN RIGHT) HOLD

- 1-4 Cross step right over left (turning body ¼ to left), rock back on left (turning body ¼ right), side step on right and hold 1 count
- 5-8 (Turning body ¼ to right) prissy step left-right-left (or make a full turn right) and hold for 1 count

TOE STRUTS TO RIGHT, SIDE ROCK, RECOVER, CROSS AND HOLD

- 1-4 Side step right toe-heel, crossing left over right step left toe-heel
- 5-8 Side rock to right, recover on left, cross right over left and hold for 1 count

TOE STRUTS TO LEFT, SIDE ROCK, RECOVER, CROSS AND HOLD

1-8 Repeat last eight steps starting with the left and going to the left

ROCK BACK, RECOVER, STEP FORWARD, HOLD, STEP, PIVOT $^{\prime\!\!2}$ RIGHT, STEP FORWARD. AND HOLD

- 1-4 Rock back onto right, recover on left, step up onto right and hold for 1 count
- 5-8 Step forward on the left, and pivot ½ right stepping on right, step forward on left and hold for 1 count

PIGEON HEEL WITH HOLDS, PRISSY STEP (OR FULL TURN RIGHT)

- 1-4 Split open both heels and hold for 1 count, bring both heels in and hold for 1 count
- 5-8 Prissy step right-left-right-left, (or make full turn right)

REPEAT





牆數:4