

Boogie Down

32 count, 4 wall, beginner level

Choreographer: Sebastiaan Holtland (NL)

Oct 2007

Choreographed to: Boogie Down by Al Jarreau

34 seconds intro

R WALK FWD, L WALK FWD, KICK, 1/2 TURN AND SIT, UP AND DOWN, WITH ARM MOVEMENTS

1-2 Rf walk forward, Lf walk forward (12:00)

3&4 Rf kick forward, 1/2 turn left, Rf step in center and sit holding weight onto Rf (6:00)

&5&6&7&8 From the sit position move your body up and down move your arms and wise with your right wise finger back (move it up and down) holding weight on Rf (6:00)

1X LEFT WIZARD OFF OZ STEP FWD, 1X RIGHT WIZARD OFF OZ STEP FWD WITH 1/4 TURN, SIDE STEP, SAILOR CROSS 3/4 TURN

9-10& Lf stepping diagonal forward on heel, Rf lock behind Lf, Lf step in center

&11-12&13 1/2 turn left, Rf stepping forward on heel, Lf lock behind Rf,

Rf step in center, Lf step to the left weight onto Lf (3:00)

14&15-16 Rf cross behind Lf, Lf step to the left, Rf step across Lf, Rf+Lf make a 3/4 turn left, take weight onto Lf (6:00)

WALK FWD, WALK FWD, ROCKING CHAIR, KICK FWD, 1/4 TURN, ROCK AND SIDE, TAP

17-18 Rf walk forward, Lf step forward

19&20& Rf walk forward, Lf recover, Rf step back, Lf recover (6:00)

21&22& Rf kick forward, Rf step in center with 1/4 turn left, Rf rock behind Lf, Lf recover (3:00)

23-24 Rf step to the right, Lf tap next Rf weight onto Lf (3:00)

PUSH KNEE FWD, AND POSE HOLD, PUSH KNEE FWD, AND POSE HOLD, SAILOR CROSS 1/2 TURN, TOGETHER, POSE

25-26 Rf push knee forward, and wise with your wise finger of your right hand to right with hand palm to front, HOLD

&27-28 Lf push knee forward, and bring your right hand to your right hip, and wise with your left wise finger diagonally up and holding your hand palm to the ground weight onto Lf HOLD (3:00)

&29&30 Lf step in center, Rf cross behind Lf, Lf step to the left, Rf step across Lf (3:00)

31-32 Rf+Lf 1/2 turn left, Rf step next Lf, take weight onto Lf, and wise with your left wise finger to ceiling and bring your Rf hand to your right hip, (head facing ceiling) (9:00)

Music download available from iTunes, Napster, eMusic, Wippit
