

# GET YOUR BOOGIE DOWN

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**Count:** —                      **Wall:** —                      **Level:** —

**Choreographer:** Max Perry & Kathy Hunyadi

**Music:** Boogie Down by Al Jarreau

**Sequence:** AAB, AAB, BAB, AAA, A to the end of song

## SECTION A

### WALK, WALK, KICK BALL CROSS, STEP, LEFT ½ TURN, SHUFFLE

- 1-2            Walk forward right, left
- 3&4           Kick right forward, step back on ball of right, cross step left over right
- 5-6           Step back on right, turn ½ left and step forward on left
- 7&8           Shuffle forward right, left, right

### STEP, RIGHT ¼ TURN, CROSS, POINT, ¼ MONTEREY, HEEL TWISTS TO RIGHT ¼

- 1-2            Step forward on left, turn ¼ right stepping on right
- 3-4            Cross step left over right, point right to side
- 5                Bring right beside left while turning ¼ right & twist both heels left (this will cause your body to turn another 1/8 right)
- 6                Twist both heels right - bend your knees on the heel twists and "boogie down & up"
- 7-8            Twist both heels left (this will turn you an additional 1/8 right), twist both heels center (now facing 3:00)

### STRUT WALK FORWARD, RIGHT ½ TURN WITH BALL CHANGE; STRUT WALK FORWARD, RIGHT ¼ TURN WITH BALL CHANGE

- 1-2            Walk forward right, left but with straight leg kick (you can scuff the heel)
- 3&4            Step forward on right & at same time turn ½ right, step back on ball of left, step right in place (9:00)
- 5-6            Walk forward left, right with straight leg kicks
- 7&8            Step forward on left & at same time turn ¼ left, step to side on ball of right, step left in place (6:00)

### CROSS, STEP, SAILOR STEP, FLAT-FOOT PADDLE TURN RIGHT ¾

- 1-2** Cross step right over left, step left to side
- 3&4** Cross right behind left, step left to side, step right in place
- 5-6-7-8** Turning to right, use right foot as an anchor and paddle with left (flat-footed)  $\frac{3}{4}$  turn (now facing 3:00)

## **SECTION B**

### **RIGHT SHUFFLE, LEFT SHUFFLE, JAZZ BOX TURNING $\frac{1}{4}$ RIGHT**

- 1&2** Shuffle forward right, left, right
- 3&4** Shuffle forward left, right, left
- 5-6-7-8** Cross right over left, step back on left starting  $\frac{1}{4}$  turn right, step right to side completing turn, step left beside right

### **RIGHT SHUFFLE, LEFT SHUFFLE, STEP & HOLD, SWITCH, STEP & HOLD**

- 1&2** Shuffle forward right, left, right
- 3&4** Shuffle forward left, right, left
- 5-6** Step right foot forward, hold
- &7-8** Quickly switch feet stepping left foot forward, hold

### **SHUFFLE SIDE RIGHT, ROCK STEP, SHUFFLE SIDE LEFT, ROCK STEP**

- 1&2** Shuffle side right (right, left, right)
- 3-4** Rock left behind right, step right in place
- 5&6** Shuffle side left (left, right, left)
- 7-8** Rock right behind left, step left in place

### **RIGHT SIDE ROCK, RIGHT SAILOR, LEFT SAILOR, SKATE FORWARD RIGHT, SKATE FORWARD LEFT**

- 1-2** Rock to side on right, recover weight to left
- 3&4** Cross right behind left, step left to side, step right to side
- 5&6** Cross left behind right, step right to side, step left to side
- 7-8** Swivel right foot forward and toward right, swivel left foot forward and toward left

## **REPEAT**