

WEST COAST BOOGIE

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Count: 32

Wall: 2

Level: beginner/intermediate west coast swing

Choreographer: Rick & Deborah Bates

Music: Mary Lou by Delbert McClinton

SWAY, RECOVER, BACK SHUFFLE, FULL TO THE LEFT ROLLING TURN, BACK SHUFFLE

- 1-2** Step forward on right foot and sway right hip forward; rock back onto left foot
- 3&4** Shuffle back (right, left, right)
- 5-6** Step back on left foot and begin a full to the left rolling turn traveling back; step on right foot and complete to the left rolling turn
- 7&8** Shuffle back (left, right, left)

ROCK STEP, TURNING SHUFFLE, MILITARY PIVOT, TURNING SHUFFLE

- 9-10** Step back on right foot; rock forward onto left foot
- 11&12** Shuffle to the right (right, left, right) making a $\frac{1}{4}$ turn to the right with these steps
- 13-14** Step forward on left foot; pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot
- 15&16** Shuffle forward (left, right, left) making a $\frac{1}{4}$ turn to the right with these steps

ROCK STEP, FORWARD SHUFFLE, WALK, WALK, FORWARD SHUFFLE

- 17-18** Step back on right foot; rock forward onto left foot
- 19&20** Shuffle forward (right, left, right)
- 21-22** Step forward on left foot; step forward on right foot
- 23&24** Shuffle forward (left, right, left)

CROSS, STEP BACK, COASTER STEP, SIDE ROCK STEP, TURNING TRIPLE STEP

- 25-26** Cross right foot over left and step; step back on left foot
- 27&28** Step back on right foot; step left foot next to right; step forward on right foot
- 29-30** Step to the left on left foot; rock onto right foot
- 31&32** Triple step in place (left, right, left) making a $\frac{1}{2}$ turn to the left on these steps

REPEAT