

Self-Isolation Boogie

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Ray Hodson, UK (April 2020)

Music: Maxine's Tap Room Boogie by Travis Kidd

Sequence: A B B- A B B A B A

Part A

Walk x2, Mambo, Hips L, Hips R, Side Rock, Cross

1,2,3&4 Step R forward, Step L forward, Rock R forward, Recover onto L, Step R back

5,6,7&8 Hips L, Hips R, Rock L to L, Recover onto R, Cross L over R (12:00)

¼ R, ½ R, Coaster Step, Out, Out, Body Roll Down

1,2,3&4 Step R ¼ R, Step L back ½ R, Step R back, Step L together, Step R Forward

5,6,7&8 Step L to L, Step R to R, Body Roll Down (9:00)

Sailor, Sailor ¼ R, Walk Back w/Fan x2, Coaster Step

1&2 Step R behind L, Step L to L, Step R to R

3&4 Step L behind R, Step R to R, Step L back turning ¼ R and flaring R heel out

5,6 Walk back R flaring L heel, Walk back L flaring R

7&8 Step R back, Step L together, Step R forward (12:00)

Lock Step, Side Rock Cross ¼ L, Press, Body Roll ¼ L, Coaster Step

1&2 Step L forward, Step R behind L, Step L forward

3&4 Step R to R turning ¼ L, Recover onto L, Cross R over L

5,6 Press L to L stepping ¼ L, Body roll to recover to R

7&8 Step L back, Step R together, Step L forward (6:00)

Part B

Walk w/Knees x2, Pivot ¼ L, Cross, Hold, Ball, Cross, Side Mambo

1& Step R forward w/knees going outward, Bring legs to neutral

2& Step L forward w/knees going outward, Bring legs to neutral

3&4 Step R forward, Step L forward ¼ L, Cross R over L

5&6 Hold, Step on ball of L foot, Cross R over L

7&8 Rock L to L, recover to R, Step L next to R (9:00)

Step Hitch 1/8 L x2, Hip Circle x2

1,2 Step R to R, Hitch L 1/8 L

3,4 Step L to L, Hitch R 1/8 L

5,6 Step R to R, Move hips counter-clockwise end on R

7,8 Step L to L, Move hips clockwise end on L (6:00)

Restart on 2nd B

Kick, Step, Rock, Step, Kick, Step, Tap, Step, Hitch, Shuffle

1&2& Kick R, Step on R, Rock L back, Recover onto R

3&4 Kick L, Step on L, Tap R behind L

5,6 Step back on R, hitch L

7&8 Step L forward, Step R next to L, Step L forward (6:00)

Cross Rock, Side Rock, Cross Rock, Side, Tap, Step, Swivel, Swivel, Hitch

1&2& Rock R across L, Replace to L, Rock R to R, Replace to L

3&4 Rock R across L, Replace to L, Step R to R

5,6 Tap L behind R, Step L to L

7&8 Swivel R heel in, Swivel R toe in, Hitch R (6:00)

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