

Get Your Boogie Down

Choreographed by Max Perry & Kathy Hunyadi, 03/09/03, danceordie@comcast.net

32 Count, A/B Line Dance, Beg/ Int - SEQUENCE: A, A, B - A, A, B, B - A, B, A, A, A - A to the end of song

Music: "Boogie Down" by Al Jarreau (*available on several Al Jarreau albums*)

Dance starts with vocals

SECTION "A"

1-8 WALK, WALK, KICK BALL CROSS, STEP, LEFT 1/2 TURN, SHUFFLE

- 1,2 Walk forward R, L
- 3&4 Kick R forward, Step back on ball of R, Cross step L over R
- 5,6 Step back on R, Turn 1/2 left and step forward on L
- 7&8 Shuffle forward R, L, R

9-16 STEP, RIGHT 1/4 TURN, CROSS, POINT, 1/4 MONTEREY, HEEL TWISTS TO RIGHT 1/4

- 1,2 Step forward on L, Turn 1/4 right stepping on R
- 3,4 Cross step L over R, Point R to side
- 5,6 Bring R beside L while turning 1/4 right & twist both heels left (this will cause your body to turn another 1/8 right), 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)

17-24 STRUT WALK FORWARD, RIGHT 1/2 TURN W/ BALL CHANGE; STRUT WALK FORWARD, RIGHT 1/4 TURN W/ BALL CHANGE

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

25-32 CROSS, STEP, SAILOR STEP, FLAT-FOOT PADDLE TURN RIGHT 3/4

- 1,2 Cross step R over L, Step L to side
- 3&4 Cross R behind L, Step L to side, Step R in place
- 5,6,7,8 Turning to right, use R foot as an anchor and paddle with L (flat-footed) 3/4 turn (now facing 3:00)

SECTION "B"

1-8 RIGHT SHUFFLE, LEFT SHUFFLE, JAZZ BOX TURNING 1/4 RIGHT

- 1&2 Shuffle forward R, L, R
- 3&4 Shuffle forward L, R, L
- 5,6,7,8 Cross R over L, Step back on L starting 1/4 turn right, Step R to side completing turn, Step L beside R

9-16 RIGHT SHUFFLE, LEFT SHUFFLE, STEP & HOLD, SWITCH, STEP & HOLD

- 1&2 Shuffle forward R, L, R
- 3&4 Shuffle forward L, R, L
- 5,6 Step R foot forward, Hold
- &7,8 Quickly switch feet stepping L foot forward, Hold

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SECTION "B" continued

17-24 SHUFFLE SIDE RIGHT, ROCK STEP, SHUFFLE SIDE LEFT, ROCK STEP

1&2 Shuffle side right R, L, R

3,4 Rock L behind R, Step R in place

5&6 Shuffle side left L, R, L

7,8 Rock R behind L, Step L in place

25-32 RIGHT SIDE ROCK, RIGHT SAILOR, LEFT SAILOR, SKATE FORWARD RIGHT, SKATE FORWARD LEFT

1,2 Rock to side on R, Recover weight to L

3&4 Cross R behind L, Step L to Side, Step R to side

5&6 Cross L behind R, Step R to side, Step L to side

7,8 Swivel R foot forward and toward right, Swivel L foot forward and toward left

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