

Step Descriptions

Bar Room Boogie

Starter Series Level - 2

40 Counts 4 Wall

Choreographer: Linda Deford and Linda Brinkley

Music: "We Are Family" by Scooter Lee on the *Walking On Sunshine* CD
or *Wild Wild West* from the *Puttin' On The Ritz* CD

Count: Step Description

Four Hip Bumps, Walk Forward, Kick

- 1-4 Four hip bumps - (bump to right, left, right, and end with hip to left side and weight on left foot) or do shoulders shimmies , moving down and up for 4 counts.
5-8 Walk forward - right foot, left, right, kick left

Walk Back, Touch Toe, Walk Forward, Kick

- 1-4 Walk backward - left foot, right, left, touch right toe back
5-8 Walk forward - right foot, left, right, kick left

Step Slides Twice To Left, Twice To Right

- 1-4 Step left foot to left side, slide/step right next to left,
step left foot to left side, slide/touch right next to left
5-8 Step right foot to right side, slide/step left next to right,
step right foot to right side, slide/touch left next to right.

Step Slide Once Left, Once Right

- 1-4 Step left to left side, slide/touch right next to left,
Step right to right side, slide/touch left next to right

Pull backs to left, right (hip thrusts)

- 1 With weight on right foot, turn to face left diagonal corner, as you slide left heel forward, and extend both hands forward (left diagonal) as if grabbing something - end with both knees straight
2 Pull both hands in to hips/waist - both knees bend - hips come forward
3,4 Extend both hands out again, Pull both hands in to hips/waist.
&5-8 Shift weight to left foot (&), turn to face right diagonal corner as you slide right heel forward, and extend both hands forward (right diagonal)(5). Pull hands in to waist (6), Extend hands out (7)
Pull hands in to waist (8)

¼ Turn to left

- 1-4 Begin a ¼ turn to the left in four steps – step on right foot (1) , step on left (2)
step on right foot (3) , then step/stomp on left foot (having completed a ¼ turn left) (4).

BEGIN AGAIN!

