

BAR ROOM BOOGIE Low Impact - Beginner

Choreographed by: Linda DeFord and Linda Brinkley

Music: Wild Wild West by: Scooter Lee and The Escape Club

We Are Family or any West Coast swing tempo music

40 Count – 4 Wall Line Dance

This step description prepared by Rose Haven (770-938-4403 or
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Count: Step Description

4 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)

$\frac{1}{4}$ turn to left

1-4 Begin a $\frac{1}{4}$ 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 $\frac{1}{4}$ turn left) (4).

BEGIN AGAIN!