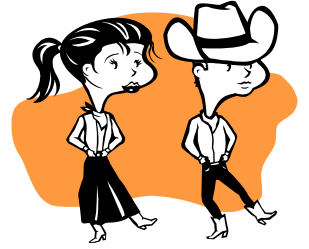


Bar Room Boogie



Description: 40 Count, 4 Wall, Beginner Line Dance

Choreographer: Linda DeFord & Linda Brinkley

Music: Trashy Women by: Confederate Railroad [148 bpm]
Take it Back by: Reba McEntire [116 bpm]

Class Instructor: Dee Blansett, Chardon, OH

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LEFT HIP BUMPS (4X), WALK FORWARD (3X), KICK

- 1 - 4 (With weight on left and right leg slightly bent) Bump Hips Left four times
- 5 - 8 Walk forward Right (5), Left (6), Right (7), Kick Left forward (8)

WALK BACK (3X), TOUCH BACK, WALK FORWARD (3X), KICK

- 1 - 4 Walk back Left (1), Right (2), Left (3), Touch Right toe back (4)
- 5 - 8 Walk forward Right (5), Left (6), Right (7), Kick Left forward (8)

LEFT & RIGHT STEP SLIDES

- 1 - 4 Step Left side left (1), Slide Right beside left (2), Step Left side left (3) Slide Right beside left w/touch (4)
- 5 - 8 Step Right side right (5), Slide Left beside right (6), Step Right side right (7), Step Left beside right (8)

HEEL SWIVELS (RIGHT-CENTER-LEFT-CENTER)

- 1 - 4 (weight on both feet)- Swivel Heels to the Right (1), Center (2), Left (3), Center (4) weight on right

LEFT & RIGHT HIP THRUSTS (2X)

- 1 Touch Left heel at a 45° angle forward left, and extend both arms forward left (as if you are holding horses reins - you will be bending at waist while doing this.
- 2 (Leaving your heel where it is), Pull your arms back toward your body and bring your hips forward.
- 3 - 4 Bend at waist putting arms forward left (3), Pull arms back toward body and bring your hips forward (4)
& Bring your Left foot back together with right.
- 5 Touch Right heel at a 45° angle forward right, and extend both arms forward right (as if holding a horses reins – you will be bending at waist while doing this.
- 6 (Leaving your heel where it is), Pull your arms back toward your body and bring your hips forward
- 7 - 8 Bend at waist putting arms forward right (7), Pull arms back toward your body and bring your hips forward (8)

MARCH 4 STEPS (TO EXECUTE A ¼ TURN LEFT)

- 1 - 2 Step Right together with left (1), Step Left 1/8 turn left (2)
- 3 - 4 Step Right next to left (3), Step Left 1/8 turn left (4) weight ends on left

Repeat!