

MY BOOGIE SHOES

Page 1 of 3

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MUSIC: "Boogie Shoes" – KC & The Sunshine Band **SPEED:** Slow From 30 to 26MPM

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SEQUENCE: Intro, A, B, C, D, E, B, D, Ending **RELEASED:** November 2025

RHYTHM: West Coast Swing **PHASE:** VI **FOOTWORK:** Described for M - W opp (or as noted)

INTRO

1 - 4 WAIT;; WHIP w/HAND CHANGE BEHIND THE BACK;;

---- Wait 2 measures LOP "V" fcg ptr & LOD w/lead foot free pointed twd ptr for both;;

123&4 **{Whip w/Hand Chg Beh Bk}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L folding W's R arm behind her bk (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end mom CP M fcing RLOD;

123&4 Using R hand take W's R hand behind her back trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L trng 7/8 RF, fwd R completing 1 ½ RF trn to fc M, bk to anchor L/R, L) to end w/R hands "V" pos M fcing ptr & LOD;

PART A

1 - 4 FC LOOP SUGAR PUSH w/EXTRA ROCK 2 (HANG ON) M HOOK TURN TO;; **RIGHT SIDE PASS w/TUCK & DOUBLE TWIRL;;**

12-4 **{Fc Loop Sugar Push}** Bk L, almost cl R to L, pt L fwd as you loop joined R hands over head L hand on W's R hip, rock fwd L (fwd R, L, tap R behind L & L hand on M's R hip, rock bk R);

123&4 **{w/Extra Rock 2 M Hook Trn}** Rec R, fwd L keeping R hands joined, XRIB of L trng RF/cont RF trn sd L, cont RF trn fwd & across R twd DRW (rec L, bk R, bk to anchor L/R, L) to end in R side pass POS M FCING DRC out of slot W FCING RLOD w/R hands still joined now low;

12-4 **{Right Side Pass w/Tuck & Double Twirl}** Soft lunge fwd & sd L leading W fwd, rec R, tch L to R leading W to trn R to fc you, fwd L leading W under joined R hands;

123&4 Fwd R, L, bk to anchor R/L, R (fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R twd RLOD, fwd L trng 7/8 RF under joined R hands, fwd R completing 1 ½ RF trn bk to anchor L/R, L) to end w/R hands M fcing ptr & RLOD;

5 - 8 BEHIND THE BACK WHIP w/INSIDE TURN;; SIDE WHIP;;

123&4 **{Behind The Back Whip w/Inside Trn}** Bk L, rec R across L trng ¼ LF leading W to trn RF, releasing R hands & keeping L arm down at your side small bk L COH/bk R, bk L connecting L arm to W's R arm (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end M outside slot fcing WALL & W fcing RLOD;

123&4 Allow L hand to slide to W's R hand & lift W's R hand trng ¼ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L, fwd R trng ½ LF under joined lead hands, bk to anchor L/R, L) to end LOP "V" M fcing ptr & RLOD;

12-- **{Side Whip}** Bk L, rec R across L comm RF trn, cont slight RF trn point L sd twd RLOD, hold (fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R);

1-3&4 Shifting weight to L, using strong press line on L, cont to lead W fwd bk in slot to anchor R/L, R (fwd L, fwd R

(123&4) trng ½ LF, bk to anchor L/R, L) to end "V" M fcing ptr & RLOD;

PART B

1 - 4 UNDERARM TURN TO RIGHT HANDS CONT CHASSE;; ROLL 2 TO SINGLE TRAVEL & ROLL;;

123&4 **{Underarm Trn to R Hands Cont Chasse}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec

1&2&3&4 R, small fwd L to R hand star; Sd R/cl L to R, sd R/cl L to R, sd R/cl L to R, sd R trng ¼ RF;

123&4 **{Roll 2 To Single Travel & Roll}** Cont RF trn sd L trng ½ RF, sd R trng ½ RF to L hand star M fcing DLW W fcing DRC, sd L/cl R to L, sd L trng ¼ LF;

123&4 Cont LF trn sd R trng ½ LF, sd & fwd L cking anchor R/L, R to end LOP "V" M fcing ptr & LOD;

5 - 8 START SUGAR TOE HEEL CROSSES; w/TRAVELING VOLTA OUT; FINISH w/POINT SIDE; **STEP SPIN w/RONDE & ANCHOR TO RIGHT HANDSHAKE; * 2nd TIME NO HANDSHAKE**

12-- **{Start Sugar Toe Heel Crosses w/Traveling Volta Out}** Bk L, cl R to L to BFLY, swvl RF on R/tch L toe to R instep, swvl LF on R/tch L heel fwd;

1&2&3&4 Moving twd WALL XLIF of R/sd & bk R, XLIF of R/sd & bk R, XLIF of R/sd & bk R, XLIF of R;

--3- **{Finish w/Point Side}** Swvl LF on L/tch R toe to L instep, swvl RF on L/tch R heel fwd, swvl LF on L/XRIF of L, point L sd twd COH;

1-3&4 **{Step Spin w/Ronde & Anchor to R Handshake}** Trng ¼ LF fwd L twd COH, ronde R ft CCW (L ft CW) trng 5/8 LF further, anchor R/L, R & join R hands to end M FCING ptr & LOD;

NOTE: * 2nd time through Part B, anchor to join lead hands as usual, so just cue "Step Spin w/Ronde & Anchor".

PART C**1 - 4 SUGAR PUSH w/INSIDE OUT TURN;; HANDSHAKE WHIP w/LADIES FREE ROLL RIGHT & SPIN OPTION;;**

- 12-4 {Sugar Push w/Inside Out Turn} Bk L, almost cl R to L, raising joined R hands to turn W LF tch L to R placing L hand on W's L shoulder, fwd & sd L out of slot (fwd R, fwd L, trng ½ LF on L under joined R hands tch R to L, fwd R) to TANDEM POS LOD M behind W;
- 123&4 Fwd R, fwd L checking, bk to anchor R/L, R (fwd L trng 7/8 RF under joined lead hands, cont RF trn fwd R completing 1 ½ RF twirl to fc M, bk to anchor L/R, L) to end with R handshake M fcing ptr & LOD;
- 123&4 {Handshake Whip} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end M out of slot w/R handshake M fcing ptr & RLOD;
- 123&4 {w/Ladies Free Roll R & Spin Option} Lead W fwd to roll R releasing R hands trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L spiral 7/8 RF on L, fwd R cont RF trn, fwd L trng RF/cont RF trn cl R to L, bk L completing another 1 ½ RF trn) to end LOP "V" M fcing ptr & LOD;
- OPTION:** Though spin is described, W may just do standard anchor L/R, L to replace the spin after the roll.

5 - 8 HALF WHIP; w/ROCK & PIVOT TO ROCK WHIP;;; KICK BALL CHANGE;;

- 123&412 {Half Whip w/Rock & Pivot to} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & bk L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end CP M fcing RLOD; Rock fwd R, sd & bk L pivot 3/8 RF,
- 341234 {Rock Whip & Kick Ball Chg} Cont RF trn as a couple fwd R LOD between W's feet, cont RF trn to rec L twd COH; Cont RF trn fwd R RLOD between W's feet, cont RF trn to rec L twd WALL, cont RF trn fwd R LOD between W's feet, fwd L;
- 1&23&4 Bk to anchor R/L, R, trng hip ¼ LF kick L fwd twd DLC (DRC)/cl L on ball of L, cl R to L in place whole foot to end LOP "V" M fcg ptr & LOD;

PART D**1 - 4 SUGAR WRAP KNEE LIFT & 2 HAND DOUBLE ANCHOR;; HUSTLE WHIP w/OUTSIDE TRN;;**

- 12-4 {Sugar Wrap Knee Lift To 2 Hand Double Anchor} Bk L, almost cl R to L, pt L fwd as you lead W to trn RF w/lead hands now in front of W's center in TANDEM WRAP POS LOD, fwd L trng W LF to join trail hands;
- 1&2&3&4 Bk to double anchor R/L, R/L, R/L, R (fwd R, fwd L trng ½ RF, lift R knee in "4" position as you push L palm to LOD like a stop sign, fwd R trng ½ LF joining trail hands; bk to double anchor L/R, L/R, L/R, L);
- 123&4 {Hustle Whip w/Outside Turn} Bk L, rec R across L comm RF trn raising arms out to sd, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF raising arms out to sd, cont RF trn bk R/cl L to R, fwd R) to end double hand hold M fcing RLOD slightly out of slot to his L;
- 123&4 Trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L trng 7/8 RF under joined lead hands, fwd R completing 1 ½ RF turn to fc M, bk to anchor L/R, L) to end LOP "V" M fcing LOD;

5 - 8 UNDERARM TURN IN 4 w/CLOSE; QUICK SIDE BREAK & IN IN OUT OUT; WRAPPED WHIP w/SURPRISE CHECK ENDING;;

- 1234 {Underarm Turn in 4 w/Close} Bk L, rec R across L, trng RF leading W under joined lead hands sd & fwd L in slot, cl R to L (fwd R, fwd L, fwd R trng ½ LF under joined lead hands, cl L to R) to end LOP M fcing ptr & RLOD;
- 1&2&3&4 {Qk Side Break & In In Out Out} Sd L/sd R, together L under L hip/cl R to L, lifting slightly fwd L twd ptr/cl R to L, lifting slightly bk L away from ptr/cl R to L to end w/feet together LOP FCING M fcing ptr & RLOD;
- 123&4 {Wrapped Whip} Bk L, rec R across L and join trail hands comm RF trn, bring lead hands over W's head as you cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R) to end WRAP POS FCING LOD;
- 123&4 {w/Surprise Check Ending} Fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, bk to anchor R/L, R (bk L LOD flexing knee, rec R comm RF trn under lead hands, cont RF trn bk to anchor L/R, L) release trail hands to end LOP FCING M fcing ptr & LOD;

PART E**1 - 4 LEFT SIDE PASS w/LADIES LEG SWEEPS & INSIDE TURN;;; CHEEK TO CHEEK;;**

- 12-- {Left Side Pass w/Leg Sweeps & Inside Turn} Bk trng ¼ LF, bk & sd R twd LOD framing W in "L" shape pos, (12-4) hold leading W to swvl LF, hold leading W fwd (fwd R, fwd L, sweep R leg CCW trng ½ LF on L, fwd R LOD);
- 3&4 Hold leading W to swvl RF, hold leading W fwd releasing frame from "L" pos, as you raise joined lead hands in (-23&4) place L/R, fwd L trng ¼ LF (sweep L leg CW trng ½ RF on R, fwd L RLOD, comm LF trn under lead hands fwd & sd R/cl L to R, bk R completing 1 ½ LF trn); Anchor R/L, R (anchor L/R, L) to end LOP "V" fcing ptr & RLOD,
- 1&2 {Cheek to Cheek} Bk L, rec R comm RF trn; Lift L knee up & across body trng 3/8 RF touching M's L hip to W's
- 34-2 R hip, small fwd & across L, trng slightly LF bk to anchor R/L, R (fwd R, L comm LF trn; lift R knee up & across
- 3&4 body trng 3/8 LF, small fwd & across R, trng slightly RF bk to anchor L/R, L) to end LOP "V" M fcg ptr & RLOD;

PART E (CON'T)**5 - 8 SHADOW TUCK & ROLL;; INSIDE SURPRISE WHIP;;**

- 12-4 {Shadow Tuck & Roll} Bk L, rec R across L comm RF trn releasing lead hand placing W's R hand in yours, leading W to trn LF cont RF trn point L sd twd RLOD to momentary shadow pos fcing COH R hands joined at about shoulder level & L hand on W's L shoulder, fwd L across slot trng RF (fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R twd LOD) to momentary TANDEM POS LOD M slightly L out of slot BEHIND W;
- 123&4 Fwd R leading W to roll RF & release R hands, fwd L, bk to anchor R/L, R (fwd L rolling 7/8 RF on L, fwd R completing 1 ½ RF trn, bk to anchor L/R, L) to end LOP "V" M fcing ptr & LOD;
- 123&4 {Inside Surprise Whip} Bk L leading W under LF, rec R across L comm RF trn, catching W's L shoulder blade w/R hand cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L comm trng ½ LF under joined lead hands, cont LF trn bk R/cl L to R, fwd R) to momentary CP M fcing RLOD;
- 123&4 Leading W to trn RF fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, anchor R/L, R (trng ½ RF on R bk L LOD flexing knee, rec R comm RF trn under lead hands, cont RF trn anchor L/R, L) to end LOP "V" fcg ptr & RLOD;

PART B**PART D****ENDING****1 - 4 UNDERARM TURN IN 4 w/CLOSE; QUICK SIDE BREAK & IN IN OUT OUT;****UNDERARM TURN IN 4 w/CLOSE; IN IN ROLL 2 TO CENTER & SIDE LUNGE w/HANDS;**

- 1234 {Underarm Turn in 4 w/Close} Bk L, rec R across L, trng RF leading W under joined lead hands sd & fwd L in slot, cl R to L (fwd R, fwd L, fwd R trng ½ LF under joined lead hands, cl L to R) to end LOP M fcing ptr & RLOD;
- 1&2&3&4 {Qk Side Break & In In Out Out} Sd L/sd R, together L under L hip/cl R to L, lifting slightly fwd L twd ptr/cl R to L, lifting slightly bk L away from ptr/cl R to L to end w/feet together LOP FCING M fcing ptr & RLOD;
- 1234 {Underarm Turn in 4 w/Close} Bk L, rec R across L, trng RF leading W under joined lead hands sd & fwd L in slot, cl R to L (fwd R, fwd L, fwd R trng ½ LF under joined lead hands, cl L to R) to end LOP M fcing ptr & LOD;
- 1&234 {In In Roll 2 to Center & Side Lunge w/Hands} Together L under L hip/cl R to L, comm LF (RF) roll trng ¼ LF fwd COH, fwd R trng ¾ LF (RF) to fc ptr & LOD, lunge sd L twd COH taking both hands down & out to sides about hip level fingers spread & palms fcing ptr;

NOTE: This last side lunge step should be on the word "Yeah".

NOTE: Timing listed on side under measures refers to actual weight changes.