

Sigrid's Boot Scootin' Boogie

As presented by Sigrid Felland, August 2020

This line dance covers 32 beats of music, and ends with 90 degree turn to left. Four repetitions return you to your original orientation. There are many different choreographic variations available online.

FIRST HALF

1. **Heel touches** – 16 beats [each letter takes 2 beats]
 - a. Touch R heel to the ground in front and then place R foot flat on the floor again.
 - b. Touch L heel to the ground in front, then flat again.
 - c.-d. Repeat a.-b.
 - e. Double-touch R heel to the ground in front.
 - f. Double-touch R toe to the ground behind.
 - g. Double-touch R heel out to the right.
 - h. Kick R foot up behind (knee bent) and clap R boot sole with L hand. Keeping weight on L foot, kick R foot out to right (ready for grapevine to right).

SECOND HALF

2. **Grapevines** – 8 beats [each letter takes 1 beat]
 - a. Step to the right on R foot.
 - b. Step on L foot behind.
 - c. Step to the right on R foot.
 - d. Scuff L sole forward into the air.
 - e. Step to the left on L foot.
 - f. Step on R foot behind.
 - g. Step to the left on L foot.
 - h. Scuff R sole forward into the air.
3. **Walking back and heel clicks** – 8 beats [each letter takes 1 beat]
 - a. Step back on R foot.
 - b. Step back on L foot.
 - c. Step back on R foot.
 - d. Set L foot next to R foot.
 - e. Heel click: Keeping weight on your toes, slide both heels outwards to the sides, then click them together again (quick, takes just 1 beat).
 - f. Repeat heel click.
 - g. Step forward onto L foot, turning 90 degrees to the left.
 - h. Brush R foot forward into the air, ready to start over.