

# L D F (Let's Dance Forever)

Choreography:	Alison Biggs & Peter Metelnick
Description:	32 Count, 4 Wall, Absolute Beginner level line dance
Music:	Glee Cast – Boogie Shoes

*Choreographed specially for the LDF (Line Dance Foundation)*

*Start after 16 count intro (10 secs) – [128 bpm – 2 mins 5secs] - Dance turns counter clockwise*

*Alt. track: Outta Control (Original Radio Edit) by De-Lano feat Fransico – 32 count intro*

## **L/R step touches (with attitude), L side, touch R in-out-in**

1-2 Step L side, touch R together

3-4 Step R side, touch L together

*Optional styling: On the touches try cross touching over the opposite foot*

5-6 Step L side, touch R together

*Optional styling: Cross touch on count 6*

7-8 Touch R to right side, touch R together (weight on L)

## **Grapevine R for 3 (or side/together/side), L touch, grapevine L with ¼ L turn (or side/together/ ¼ L), R hitch or scuff**

1-4 Step R side, cross step L behind R, step R side, touch L together

*Easier option 1-4: Step R side, step L together, step R side, touch L together*

5-6 Step L side, cross step R behind L

7-8 Turning ¼ left step L forward, hitch R knee up OR scuff R forward (9 o'clock)

*Easier option 5-8: Step L side, step R together, turning ¼ left step L fwd, touch R together*

## **Walk fwd 3, L touch, Boogie walks back x 4**

1-4 Walk forward R, L, R, touch L forward

5-6 Step L back at the same time turn R heel towards centre, step R back at the same time turn L heel towards centre (weight tends to stay on balls of the feet)

7-8 Repeat counts 5-6

*Easier option 5-8: Walk back L, R, L, R*

## **L back to L diagonal step touch, hip bumps, R side step touch, hip bumps**

1-2 Step L back on L diagonal, touch R together

3-4 Bump hips R, bump hips L (weight on L)

5-6 Step R side, touch L together

7-8 Bump hips L, R (weight on R)

*Fun option on the hip bumps double time them so the timing would be:*

*3&4& Bump hips R, L, R, L 7&8&: Bump hips L, R, L, R*

## **REPEAT**

## **ENDING**

Final wall will end at count 16 the hitch/scuff, so strike a pose facing front wall to end.

*...taught and danced at*



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