

Big Girls Boogie

Competition Step Sheet

DIVISION: GOLD - SMOOTH

Description: 32 Counts, 4 Walls, West Coast Swing, Non-Country
Choreographer: Mavis Broom
Music: Big Girl (You Are Beautiful) - Mika
Count in: 16 Count Intro



1-8 WALK TWICE, KICK-BALL CHANGE, WALK TWICE, ½ TURN LEFT

1-2 Walk forward right, left

3&4 Kick right forward, step ball of right beside left, step left in place

5-6 Walk forward right, left

7-8 Step forward right, ½ turn left

9-16 WALK TWICE, KICK-BALL CHANGE, WALK TWICE, ½ TURN LEFT

1-8 Repeat steps as above

17-24 HIP BUMPS FWD TWICE, HIP BUMPS BACK TWICE, HIP ROLLS

1-2 Small step on to right, bump hips forward twice

3-4 Bump hips back twice

5-8 Roll hips to the right twice, Weight ends on left

25-32 STEP, POINT TWICE, SAILOR STEP, SAILOR ¼ TURN

1-2 Step right over left, (dip right knee) point left to left (optional shimmy)

3-4 Step left over right, (dip left knee) point right to right (optional shimmy)

5&6 Step right behind left, step left to left, step right in place

7&8 Turn ¼ left stepping left behind right, step right in place, step L next to R

START AGAIN

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