

BOCEPHUS

AKA: "POPEYE"

COUNT:

STEP DESCRIPTION:

- 1-2 Spread heels apart, bring them back together
- 3-4 Right foot touches to the side, bring it back together
- 5-6 Left foot touches to the side, bring it back together
- 7-8 Spread toes apart, bring them back together
- 9-10 Step forward on right, then chug (Hop on your right foot as you bring your left knee up.
- 11-12 Step forward on left, then chug (Hop on your left foot as your bring your right knee up)
- 13-15 Cross right foot over left, and rock. forward right, back on the left, forward on the right.
- 16 With weight still on right foot, chug (Hop)
- 17-19 Cross left foot over right, and rock forward left, back on the right, forward on the left.
- 20 With weight still on the left foot, chug (Hop)
- 21-22 Cross right foot over left, rocking forward on the right foot, and back onto the left.
- 23 Chug (Hop) on left foot moving backward
- 24 Swing right foot around to the back, placing weight on the right foot as it steps slightly to the left of the left foot
- 25 Chug (Hop) on right foot moving backward
- 26 Swing left foot around to the back, placing weight on the left foot as it steps slightly to the right of the right foot
- 27 Chug (Hop) on left foot moving backward
- 28 Swing right foot around to the back, placing weight on the right foot as it steps slightly to the left of the left foot
- 29 Chug (Hop) on right foot moving forward
- 30 Step forward on left foot
- 31-32 Bring right foot together with two stomps
- 33-34 Touch right foot out in front, bring it back together
- 35-36 Touch right foot out in front, cross it over your left
- 37-38 Right foot touches out to the side as you make a 1/4 turn to the left, bring right foot together.