



College of Agriculture,
Biotechnology & Natural Resources

ACADEMICS | EXPERIMENT STATION | EXTENSION

All 4 Kids: Healthy, Happy, Active, Fit

The Boogie Oogie Slide

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Boogie Oogie to the left
Boogie Oogie to the right
Turn around and shake, shake, shake
Then jump with all your might

Boogie Oogie to the right
Boogie Oogie to the floor
Turn around and jump back up
Let's do it just once more

Promotes physical activity



Boogie Oogie Slide

Step-by-Step Instructions

(Lessons 2-8, 24)

- **Heel * - 4x**
(Musical introduction)

– Right

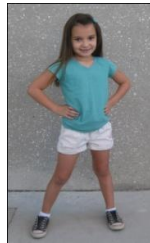


– Left

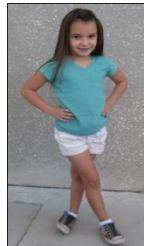


- **Side-Cross-Side* (to left)**
(Start of vocals)

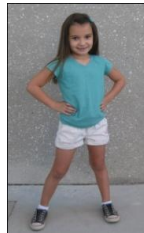
– Side



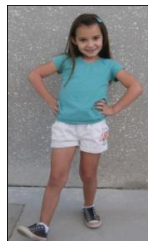
– Cross



– Side



- **Lean Back - putting weight on left foot and heel stepping with right foot**



* Detailed description of movement is provided on separate sheet

- **Side-Cross-Side to right***

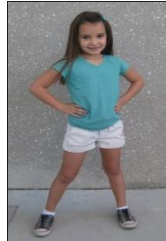
– Side



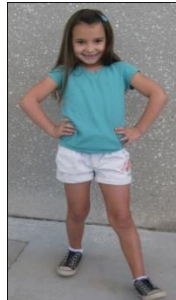
– Cross



– Side



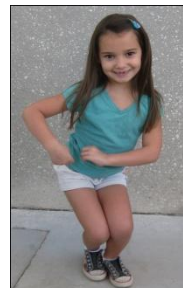
- **Lean Back - putting weight on right foot and heel stepping with left foot**



- **Turn Around - by spinning on one foot**



- **Shake Shake Shake - by twisting hips back and forth and moving arms with them**

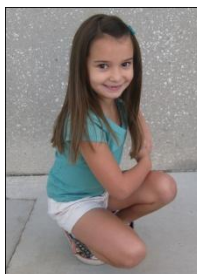


- **Jump High - lifting feet off of the ground**



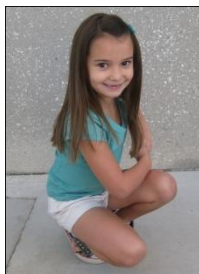
- **Side-Cross-Side to right***
- **Lean Back-putting weight on right foot and heel stepping with left foot**

- **Boogie Down Low - twisting your hips and upper body as you lower your whole body to the floor**



* Detailed description of movement is provided on separate sheet

- **Turn around one time while body is lowered to the floor**



- **Jump back up, lifting feet off of the ground**



- **Perform entire dance 3 more times**

- **After last performance of dance, form boogie train***



* Detailed description of movement is provided on separate sheet

Description of Specific Moves for Boogie Oogie Slide

- **Heel Step**
 - Begin with feet together and hands on hips
 - Place right heel in front and tap on ground as you slightly bend left leg
 - As you do this, dip left shoulder towards right hip
 - Return to starting position
 - Place left heel in front and tap on ground as you slightly bend right leg
 - As you do this, dip right shoulder towards left hip
 - Return to starting position
- **Side-Cross-Side**
 - **To Left:**
 - Begin standing with feet together
 - Step to the side with left foot
 - Cross right foot over left foot (can be in front of or behind foot) to make an “X” with your feet
 - Step to the side with left foot
 - **To Right:**
 - Begin standing with feet together
 - Step to the side with right foot
 - Cross left foot over right foot (can be in front of or behind foot) to make an “X” with your feet
 - Step to the side with right foot
- **Boogie Train**
 - Stand in a straight line
 - Place hands on the shoulders of the person standing in front of you
 - The person in the front of the line will begin moving to start the “train”
 - Others will follow, alternating right and left heel steps as they move along
 - Continue until the end of the song