

Pour Me

Count: 0

Wand: 2

Ebene: Intermediate

Choreograf/in: Amanda Harvey-Tench (UK)

Musik: Pour Me - Trick Pony



Sequence: AA, BB, AA, BBBB, AA, B, A

The first two counts of the dance start on the first two words of the song

PART A

HOLDS & HIP BUMPS (X 3), JAZZ BOX

- 1-2 Step right foot to right side, hold,
- 3-4 Bump hips to the right, bump hips to the left
- 5-6 Hold, hold
- 7-8 Bump hips to the right, bump hips to the left
- 9-10 Hold, hold
- 11-12 Bump hips to the right, bump hips to the left
- 13-14 Cross right over left, step back on left
- 15-16 Step right to right side, close left beside right

RIGHT SHUFFLE FORWARD, ROCK STEP, LEFT SHUFFLE BACK, ROCK STEP, KICKS (X 4)

- 17&18 Right shuffle forward
- 19-20 Rock forward on left, rock back on right
- 21&22 Left shuffle back
- 23-24 Rock back on right, rock forward on left
- 25-26 Kick right foot across left, step slightly forward on right
- 27-28 Kick left foot across right, step slightly forward on left
- 29-30 Kick right foot across left, step slightly forward on right
- 31-32 Kick left foot across right, step slightly forward on left

TOE, HEEL, CROSS (TWICE), UNWIND ½ TURN RIGHT, HOLD

- 33-34-35 Touch right toe next to left, touch right heel next to left, cross right over left
- 36-37-38 Touch left toe next to right, touch left heel next to right, cross left over right
- 39-40 Unwind ½ turn to the right (keeping weight on left foot), hold

PART B

RIGHT LOCK STEP FORWARD, SCUFF, STEP FORWARD, PIVOT ½ TURN RIGHT, STEP FORWARD, CLAP

- 1-2 Step forward on right, lock left behind right
- 3-4 Step forward on right, scuff left foot
- 5-6 Step forward on left, pivot ½ turn right
- 7-8 Step forward on left, clap

DWIGHT SWIVELS (TRAVELING TO THE RIGHT), SIDE ROCK, CROSS BEHIND, SIDE STEP

- 9 Touch right toe next to left (swiveling left heel to right)
- 10 Touch right heel next to left (swiveling left toe to right)
- 11 Touch right toe next to left (swiveling left heel to right)
- 12 Touch right heel next to left (swiveling left toe to right)
- 13-14 Rock right foot to right side, recover weight on to left
- 15-16 Cross right foot behind left, step left to left side

TOUCH, KICK, CROSS (TWICE), ROCK STEP

- 17-18-19 Touch right toe beside left, kick right foot out at 45o angle, cross right over left

20-21-22 Touch left toe beside right, kick left foot out at 45o angle, cross left over right
23-24 Rock back on right foot, rock forward on to left

STEP FORWARD, PIVOT ½ TURN, STEP FORWARD, HOLD (TWICE)

25-26 Step forward on right foot, pivot ½ turn left
27-28 Step forward on right foot, hold (option: clap)
29-30 Step forward on left foot, pivot ½ turn right
31-32 Step forward on left foot, hold (option: clap)
