

Pour Me One

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Holly Ruschman (USA)

Musik: Pour Me - Trick Pony



Start dance after 4th "pour me"

TOE HEEL CROSS CLAP

- 1-2 Bring right toe to left instep bring right heel to left instep
- 3-4 Cross right over left hold & clap
- 5-8 Repeat on left

½ TURN CHASE STEPS

- 9-10 Step forward on right & turn ½ left, step left in place
- 11-12 Step forward on right, hold 1 count
- 13-14 Step forward on left & turn ½ right, step in place on right
- 15-16 Step forward on left hold 1 count

GRAPEVINE JUMPING JACKS

- 17-20 Step to right, step left behind, step to right, step left next to right
- 21-22 Jump both feet apart, jump and cross left over right
- 23-24 Jump both feet apart, jump left foot forward diagonally, right foot behind

FORWARD HOP STEPS

- 25-32 Step forward on ball of left foot & bring right foot up behind left heel, repeat 3 more times ending with right touch

FULL TURN BACKWARDS VINE TURNING LEFT

- 33-34 Step back on right foot and clap
- 35-36 Step forward on left and clap completing ½ turn
- 37-38 Step forward on right foot and clap
- 39-40 Step on left completing 2nd ½ of full turn and clap

HIP BUMPS AND HOLD

- 41-43 Step forward with right foot and bump hips forward, back, forward
- 44 Hold 1 count
- 45-47 Bump hips back, forward, back
- 48 Hold 1 count

ROCK AND STEP HOLD RIGHT & LEFT

- 49-52 Rock to right on right, step left in place, step right next to left, hold and clap
- 53-56 Rock to left on left, step right in place, step left next to right, hold and clap

½ PADDLE TURN LEFT (8 COUNTS)

- 57-64 Step right foot forward and sway back and forth to left foot for an 8 count ½ turn left

REPEAT
