She Cat



Count: 52 Wand: 4 Ebene: Intermediate

Choreograf/in: Gloria Johnson (USA)

Musik: Mama Don't Get Dressed Up For Nothing (Dance Mix) - Brooks & Dunn



DIAGONAL STEP N BUMP

1 Step right foot forward at 45 degree angle to the right

2 Bump hips forward and to the right

3 Step left foot forward at 45 degree angle to the left

4 Bump hips forward and to the left

5-8 Repeat steps 1-4

WALK BACK, KICK

9-11 Walk back on right, left, right

12 Kick left foot forward

WALK FORWARD, SPIN, KICK

13-15 Walk forward on left, right, left

16 Spin ½ turn to the left on ball of left foot and kick right foot forward

WALK BACK

17-20 Walk back on right, left, right, left

SHUFFLE N CIRCLE ¾ TURN TO THE LEFT

Shuffle left, right, left traveling in a ¼ turn to the left
Shuffle right, left, right traveling in a ¼ turn to the left
Shuffle left, right, left traveling in a ¼ turn to the left

27&28 Shuffle in place on right, left, right

KICK-BALL-CHANGE

29&30 Kick-ball-change starting on the left foot 31&32 Kick-ball-change starting on the left foot

ROLLING VINE LEFT

33 Step left foot to left beginning turn to the left

34 Swing right foot around and continue turn to the left

35 Swing left foot around and step down finishing full turn to the left

36 Touch right foot next to left

KICK-BALL-CHANGE

37&38 Kick-ball-change starting on right foot 39&40 Kick-ball-change starting on right foot

ROLLING VINE RIGHT

Step right foot to right beginning turn to the right
Swing left foot around and continue turn to the right

Swing right foot around and step down finishing full turn to the right

44 Touch left foot next to right

SWIVEL HEELS

45 Swivel heels to the left

46 Hold one beat

47 Swivel heels to the right

48 Hold one beat

49-52 Swivel heels to the left, right, left, right

REPEAT