

Buff Dance

Count: 64

Wall: 2

Level:

Choreographer: Ken Henley (USA)

Music: Buff Little Girls - Pete Andrew



Begin dancing on count 33 of the 48-count intro and the dance will end with the music, and the dancers can shout "Buff Little Girls" along with the song.

RIGHT KICK-BALL-CROSS, SIDE RIGHT, LEFT BEHIND & SIDE RIGHT, LEFT ACROSS, TOUCH RIGHT, STEP RIGHT, STOMP LEFT

- 1 Kick forward right
- & Step down on ball of right
- 2 Step left across right
- 3-4 Side step right, step left behind right
- & Hop slightly to the right side landing on right
- 5-6 Step left across right, touch right toe to side
- 7-8 Step right behind left, stomp (down) together right

STEP RIGHT, LEFT, TOUCH RIGHT, BACK RIGHT, SHUFFLE BACK LEFT, SHUFFLE RIGHT (FULL TURN ON SHUFFLES)

- 9-10 Step forward right, step forward left
- 11-12 Touch right toe slightly left of left heel, step back right
- 13&14 Shuffle back left turning ½ turn left
- 15&16 Shuffle in-place right turning ½ turn left

LEFT KICK-BALL-CROSS, SIDE LEFT, RIGHT BEHIND & SIDE LEFT, RIGHT ACROSS, TOUCH LEFT, STEP LEFT, TOUCH RIGHT

- 17 Kick forward left
- & Step down on ball of left
- 18 Step right across left
- 19-20 Side step left, step right behind left
- & Hop slightly to the left side landing on left
- 21-22 Step right across left, touch left toe to side
- 23-24 Step left behind right, touch together right

STEP RIGHT, LEFT, TOUCH RIGHT, BACK RIGHT, SHUFFLE BACK LEFT, SHUFFLE RIGHT (FULL TURN ON SHUFFLES)

- 25-26 Step forward right, step forward left
- 27-28 Touch right toe slightly left of left heel, step back right
- 29&30 Shuffle back left turning ½ turn left
- 31&32 Shuffle in-place right turning ½ turn left

LEFT KICK-BALL-STEP, LEFT KICK-BALL-STEP, STEP LEFT, ½ RIGHT, STOMP LEFT, STOMP LEFT

- 33 Kick forward left
- & Step down on ball of left
- 34 Step forward right
- 35 Kick forward left
- & Step down on ball of left
- 36 Step forward right
- 37-38 Step forward left, pivot ½ turn right shifting weight to right
- 39-40 Stomp together left, stomp together right

LEFT ½ TURNING VINE, LEFT SAILOR, RIGHT SAILOR

- 41-42 Side step left, step right behind left
43-44 Side step left, pivot ½ turn left and step right
45 Step left behind right
& Side step right on ball of right
46 Step in-place left
47 Step right behind left
& Side step left on ball of left
48 Step in-place right
- 49-56 Repeat counts 41-48

LEFT STOMP & HEEL, STOMP, RIGHT STOMP & HEEL, STOMP, STOMP LEFT, RIGHT, LEFT, RIGHT

- 57 Stomp forward left
& Lift left heel
58 Stomp left heel down in-place
59 Stomp forward right
& Lift right heel
60 Stomp right heel down in-place
61-62 Stomp forward left, stomp forward right
63-64 Stomp forward left, stomp forward right

REPEAT
