Cowboy Humble



编舞者: Myra Harrold (SCO) - March 2021

音乐: Humble - Ian Munsick



Intro: 48 Counts

Sect:1 Touch & Heel & Cross, 1/4, Rock Back, Recover, 1/2 Shuffle

1&2&3,4 R Toe Touch To Lf,Rf To R,Touch L Heel Fwd,Lf To L,Cross Rf Over Lf,Turn ¼ R,Lf Back (3)

5,6,7&8 Rock Rf Back,Recover To Lf,1/2 Turn Shuffle Over L Shoulder (9)

Sect:2 1/4, Brush, Hitch, Point, Knee In, Knee Out, Kick Ball Cross, Hold

1,2,3,4 Turn 1/4 L,Lf To L,Brush Hitch Rf ,Point R Toe To R Side,Bend R Knee In (6)

5,6&7,8 Turn R Knee Out,Rf Kick Fwd,Rf Down,Cross Lf Over Rf,Hold (6)

Sect: 3 & Cross, Side Rocking Chair, Side, Behind Side Cross

&1,2,3,4 Rf To R,Cross Lf Over Rf,Rock Rf To R,Recover To Lf,Rock Rf Behind Lf (6)

5,6,7&8 Recover To Lf,Rf To R,Lf Behind Rf,Rf To R,Cross Lf Over Rf (6)

Sect:4 Side, Behind, 1/4, Fwd, 1/2, Fwd, Side, Behind, Side

1,2,3,4 Rf To R,Lf Behind Rf,Turn 1/4 R,Rf Fwd,Lf Fwd (9)
5,6,7,8 Pivot 1/2 R,Weight To Rf,Lf To L,Rf Behind Lf,Lf To L (3)

Sect:5 Rock, Recover, Shuffle 1/4, Fwd, 3/4, Slide, Draw,

1,2,3&4 Cross Rock Rf Over Lf,Recover To Lf,Shuffle 1/4 Turn R (6)

5,6,7,8 Lf Fwd,Pivot 3/4 R,Weight To Rf,Lf Big Step Left,Draw Rf To Lf (3)

(Bridge:- Wall 7)

Sect:6 Syncopated Rocks, Fwd, Heel Drops 1/2 Turn

1,2&3,4& Rock Rf Fwd,Recover To Lf,Close Rf To Lf,Rock Lf Fwd,Recover To Rf,Close Lf To R (3)

5,6,7,8 Rf Fwd,Lift & Drop Heels 3 Times While Turning 1/2 Left (9)

Sect: 7 Rock, Recover, Shuffle 3/4, Rock, Recover, Coaster Step

1,2,3&4 Rock Rf Fwd, Recover To Lf, Shuffle 3/4 Turn R (6)

5,6,7,8 Rock Lf Fwd, Recover To Rf, Lf Back, Close Rf To Lf, Lf Fwd (6)

(Restarts:- Walls 2 & 6)

Sect:8 Hip Bumps,1/2,Hip Bumps,R Kick Ball Change,Fwd,Pivot 1/2

1&2,3&4 Rf Fwd,Bump R Hip Fwd Twice,Swivel 1/2 L,Lf Is Fwd,Bump L Hip Fwd Twice (12)

5&6,7,8 Rf Kick Fwd,Rf Down,Lf Fwd,Rf Fwd.Pivot 1/2 L,Weight To Lf (6)

Restarts = Both After Sect:7 - Wall 2, Facing 12 O.Clock - Wall 6, Facing 6 O.Clock

Bridge = 4 Counts - Wall 7 - Dance To End Of Sect:5 (Facing 9 O.Clock)

1,2,3,4 - Stomp Rf To R,Stomp Lf To L,Rf Fwd,Pivot 1/2 L,Weight To Lf

(During The Bridge Hook Thumbs At Front Of Waist ,Cowboy Style)

Restart Dance From Sect:6 (Syncopated Rocks)Facing 3 O.Clock