

Stretchy Pants

拍数: 32 墙数: 2 级数: Beginner
编舞者: Debra Cleckler (USA) - November 2021
音乐: Stretchy Pants - Carrie Underwood



Intro: 16 counts

[1-8] Point-Step R-L-R-L

1-2 Point R foot across in front of left (1), step R foot to side (2)
3-4 Point L foot across in front of R (3), step L foot to side (4)
5-6 Point R foot across in front of left (5), step R foot to side (6)
7-8 Point L foot across in front of R (7), step L foot to side (8)

[9-16] Military Turn (1/4 Left), Rocking Chair, Military Turn (1/4 Left)

1-2 Step R foot forward (1), turn 1/4 left replace weight to L foot (2) 9:00
3-4 Rock R foot forward (3), replace weight to L (4)
5-6 Rock R foot back (5), replace weight to L (6)
7-8 Step R foot forward (7), turn 1/4 left replacing weight to L foot (8) (6:00)

*Restart here on Wall 4 (6:00) restarts at 12:00

*Restart here on Wall 8 (6:00) restarts at 12:00

[17-24] Toe Heel Struts Fwd R-L (w/'C' Bump Hips), Points R-L (w/Arms Swings)

1-2 Place R toe forward (1), drop heel transferring weight to R foot (2)
3-4 Place L toe forward (3), drop heel transferring weight to L foot(4)
5-6 Point R toe to side (5), step R foot beside L foot (6)
7-8 Point L toe to side (7), step L foot beside R foot (8)

Hip styling for Toe Struts w/ 'C' Bump (R & L)

Swing hips forward-center-back on each Strut Step.

Arm styling for Point Steps

With elbows leading, swing bent arms out to side then back in for each point step.

[25-32] Up-Up-Clap, Back-Back-Clap, Hip Circle CCW

&1-2 Step R foot forward (&), step L foot beside R foot (1), hold & clap (2)
&3-4 Step R foot back (&), step L foot beside R foot (3), hold & clap (4)
5-8 Circle hips (slowly) counterclockwise (to left)

Start over!

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Last Update - 18 Nov. 2021