

Barstool Confession

拍数: 64 墙数: 0 级数: Phrased Improver
编舞者: Pauline Gilroy (NZ) - June 2024
音乐: Boots, Jeans, & Jesus - Sophia Scott



Intro: 8 Count

Sequence: A, A, B, A, B, A, B, TAG

The first 32 counts is part A danced twice.
Part A Dance first 16 counts to face 9 o'clock repeat to end up at 6 o'clock

A1: Hitch, heel, hook, heel, flick, coaster step. Hitch, heel, kick, heel, flick coaster step

&1&2& Hitch right knee, place right heel in front, hook heel in front of left shin, set right heel down
flick heel up to the right,
3&4 step back on right, step left beside right, step right foot forward
&5&6& Hitch left knee, place left heel in front, hook heel in front of right shin, set left heel down flick
heel up to the left
7&8 step back on left, step right beside left, step left forward

**A2: Step right lock step hitch right knee up, right knee behind left body roll x 2, sailor ¼ turn over left stomp
stomp**

&1,2 Step right foot forward, (hold to the beat), lock left foot behind right quickly hitch right knee
up,
&3&4 swing right leg behind left, lock and hitch body roll with the locks.
5&6 while left foot is raised swing left behind right, while turning to a ¼ turn over the left shoulder
to 9 o'clock recover right to right, step left beside right.
7&8 Stomp right foot, hitch left then stomp left foot

Part B

B1: Jump right step left Charleston swing shuffle back right, shuffle back left, coaster step

1&2 Jump onto right foot back hitch left, step left brush right with weight on left complete the brush
by swing around to touch slightly behind left
3&4 to go into a shuffle, step right behind at a diagonal step left beside right, step right out* shift
weight slightly to the left touch left to right
5&6 to a shuffle, step left behind at a diagonal step right beside, step left out touch right beside
left.
7&8 Step right back, left back beside right, step right forward, touch left to right.

B2: Step L together L touch, Step R together R scuff. Jazz box L, Jazz box R

1&2 Step left foot forward diagonal *, bring right foot to left step left to left again touch,
3&4 Step right foot forward diagonal bring left foot to right, step right to right again touch.
5&6 Weight on right, cross left over right step right back step left out left side bring right toward left
scuff right.
7&8 Cross right over left foot step back left step out right to right side bring left toward right touch

B3: Scissor step, Scissor step Toe twist, toe twist

1&2 Left foot left, bring right together to left weight on right, cross left over right.
3&4 Right foot right, bring left together to right cross right over left.
5&6 Bring left foot in front and twist on the ball of the left foot,
7&8 Ball change with right foot forward and twist the ball of the right foot.

B4: Heel vine heel touch. Step together step together.

- 1&2& Weight is on left, step onto right heel to the right, step left behind right, step right out touch left to right
- 3&4& Step left to left side, touch right to left, step right to right, step left to right.
- 5&6& Weight is on right, step onto left heel to the left, step right behind left, step left out touch right to left
- 7&8& Step right to right side, touch left to right, step left to left, step right to left. Still at the 6 o'clock wall

Tag which is a repeat of easy version of B4 but options to style as the beat slows down Grape vine Hip bump Hip bump.

- 1&2 Weight is on left, step onto right, step left behind right, step right out, step left beside right
- 3&4& Hip bump, bump left, hip bump,bump right
- 5&6 Weight is on right, step onto left, step right behind left, step left out, step right beside left
- 7&8& Hip bump, bump right, hip bump,bump left*

Styling

At the stomp/ stomp – add hip bumps or hip rolls

At shuffle step in B1 pull right arm back, left arm forward like and archer

At the step touch step in B2 Lasso right lasso left

For the 8 count tag where you've finished step together, step together there's an extra 8 counts where you can do some cool styling a chance to really funkify it

You can repeat the steps again or...

Hands cross click and drop

Heel vine snap your fingers as far out and sit

Reach up and snap down and drop reach up the other side snap down and drop

Single ladies styling raise your front facing hand and twist

Shoop shoop styling scoop scoop

Sassy styling Option to walk instead of vine with hand on hip half turn and snap your fingers

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