Barstool Confession

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

拍数: 64

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

- Hitch right knee, place right heel in front, hook heel in front of left shin, set right heel down &1&2& 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.
- while left foot is raised swing left behind right, while turning to a 1/4 turn over the left shoulder 5&6 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

- Jump onto right foot back hitch left, step left brush right with weight on left complete the brush 1&2 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
- to a shuffle, step left behind at a diagonal step right beside, step left out touch right beside 5&6 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

- Left foot left, bring right together to left weight on right, cross left over right. 1&2
- 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.





墙数:0

- 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*
- *Stylina*

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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