

Made

拍数: 32 墙数: 2 级数:
编舞者: Britt Hodgie (USA) - January 2025
音乐: God & Country - Anne Wilson
或: Hey Girl - Anne Wilson



***Alternative music: Hey Girl by Anne Wilson**

Switch between slow and fast tempos. See details below step sheet.

Notes: One restart after 16 counts on wall 5 facing 6 o'clock

[1-8] STEP HITCH, STEP LOCK STEP, STEP FLICK, PONY STEP

1, 2 (1) RF step forward, (2) Hitch left knee up
3&4 (3) LF forward (&) RF steps directly behind LF (4) LF forward
5,6 (5) RF step forward (6) flick left foot in the air behind R leg
7&8 (7) LF step down while hitching R knee (&) step RF down (8) LF step down while hitching R knee

*****Styling: can use left hand to slap left thigh when hitching left knee up and use right hand to slap left toe when flicking the left foot*****

[9-16] ROCK RECOVER, ½ PIVOT TURN, SWAY FORWARD & BACK,

1,2 (1) RF step back transfer weight onto RF (2) recover weight onto LF
3,4 (3) RF step forward (4) pivot half turn over left shoulder facing 6 o'clock
5,6 (5, 6) RF step forward while swaying R hip forward into the the step
7,8 (7, 8) recover weight on LF while swaying hip back

***** during the sways your body is at a bit of an angle facing the corner wall *****

**** Restart here after 16 counts on wall 5 facing 6 o'clock**

[17-24] WALK 2 STEPS, STOMP KICK ¼ TURN, COASTER STEP, SCUFF OUT,

1,2 (1) Step RF forward (2) step LF forward
3,4 (3) RF stomp (2) RF kick ¼ turn R towards 9 o'clock
5&6 (5) RF step back (&) LF step back together w/ RF (6) RF step forward
7,8 (7) LF scuff out L (8) LF step big step L

[25-32] LF SWIVEL HITCH, STEP TOUCH, SWEEP ¼ TURN, WEAVE

1&2 (1) LF heel swivel in (&) LF toe swivel in (2) L knee hitch
3,4 (3) LF step cross in front of RF (4) RF toe touch behind LF
5,6 (5,6) RF step down while LF sweep out behind RF while doing a ¼ turn to 6 o'clock wall
7&8 (7) LF step behind RF (&) RF step to the R side (8) LF cross in front of R

***Alternative Music: Hey Girl by Anne Wilson**

Switch between slow and fast tempo with two restarts.

Wall 1: Slow Tempo

Wall 2 - 3: Fast Tempo

Wall 4: Slow tempo with restart after first 8 counts, continue with slow all the the way through

Wall 5 - 7: Fast tempo

Wall 8: Slow tempo (only first 16 counts) restart at 16 counts and go into wall 9 for fast tempo

Wall 9-11: Fast tempo

Wall 12: Slow tempo (song ends after 8 counts)

Verses, bridge, and end: slow tempo

Chorus: fast tempo

Note on the name of the dance:

In the song God and Country a repeating lyric is "made by God and Country"

In the song Hey Girl a repeating lyric is "it's who you're made to be"

**This is the first dance I've made/choreographed.
These songs are encouraging reminders for me.
I hope you have fun with it!**
