Memphis Women (P)

级数: Partner

编舞者: Nigel Payne (UK) & Barbara Payne (UK)

音乐: Memphis Woman & Chicken - Dave Sheriff

Position: Side By Side holding inside hands. (LOD) Opposite footwork. Man's steps listed, unless stated

WALK, WALK, SHUFFLE TWICE

拍数: 48

- 1-2 Walk forward right, left
- 3&4 Step forward right, step left beside right, step forward right
- 5-6 Walk forward left, right
- 7&8 Step forward left, step right beside left, step forward left

ROCK-RECOVER, SHUFFLE ½ TURN, ROCK-RECOVER, SHUFFLE ½ TURN

9-10 Rock forward right, recover on left

Hands: release hands as you turn, pick up opposite hands after turn

- 11&12 Shuffle ½ turn right stepping right, left, right
- 13-14 Rock forward left, recover on right

Hands: release hands as you turn, pick up opposite hands after turn

15&16 Shuffle ½ turn left stepping left, right, left

GRAPEVINE, HEEL TAPS TWICE

- 17-20 Step right to right side, cross left behind right, step right to right side, tap left heel to left diagonal
- 21-24 Step left to left side, cross right behind left, step left to left side, tap right heel to right diagonal **Note: lady vines left & right across man**

Hands: as you vine release hands & pick up opposite hands

GRAPEVINE ¼ TURN, SCUFF, GRAPEVINE, TOUCH

- 25-28 Step right to right side, cross left behind right, step right ¼ right, scuff left
- Note: now in closed western position facing each other, man facing OLOD, lady facing ILOD
- 29-32 Step left to left side, cross right behind left, step left to left side, touch right beside left

HIP BUMPS X 4

MAN: Step forward right bumping hips right, left, right (weight on right)
LADY: Step back on left bumping hips left, right, left (weight on left)
MAN: Step forward on left bumping hips right, left (weight on right)
LADY: Step back on right bumping hips right, left, right (weight on right)
MAN: Step back on right bumping hips right, left, right (weight on right)
MAN: Step back on left bumping hips right, left, right (weight on right)
LADY: Step back on left bumping hips left, right (weight on right)
LADY: Step forward on left bumping hips left, right, left (weight on left)
MAN: Step back on left bumping hips left, right, left (weight on left)
LADY: Step back on left bumping hips right, left (weight on left)
LADY: Step forward right bumping hips right, left (weight on right)

GRAPEVINE, TOUCH, 1&1/4 ROLLING GRAPEVINE, SCUFF

- 41-44 Step right to right side, cross left behind right, step right to right side, touch left beside right Hands: release hands to allow rolling vine
- 45-48 Step left ¼ left, on ball of left pivot ½ left stepping back on right, on ball of right pivot ½ left stepping forward on left, scuff right

Hands: rejoin inside hands

REPEAT





墙数: 0