

# The Howl

拍数: 40      墙数: 0      级数:  
编舞者: Mike Valliere (USA)  
音乐: My Night to Howl - Lorrie Morgan



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|-------|--|
| 1-2   | Hip roll to the left   |
| 3-4   | Step left to side left, bring right together   |
| 5-6   | Hip roll to the right  |
| 7-8   | Step right to side right, bring left together  |
| 9-12  | Hip drop starting with left, right, left, right (go down to near squatting position) |
| 13-16 | Hip lift starting left, right, left, right (coming back to standing position)        |
| 17-18 | Step forward left toe, bring heel down   |
| 19-20 | Step forward right toe, bring heel down  |
| 21-22 | Step forward left toe, bring heel down   |
| 23    | Stomp right next to left   |
| 24    | Clap hands   |
| 25-26 | Thrust hips forward twice (pulling elbows back and making fist)                      |
| 27    | "Howl"   |
| 28-29 | Reverse scuff right toe twice (like a wolf after prey)                               |
| 30    | Step down right  |
| 31    | ¼ turn left on left  |
| 32    | Stomp right beside left  |
| 33    | Left heel forward at 45 degrees  |
| 34    | Switch to right heel forward at 45 degrees   |
| 35    | ¼ turn to left on left   |
| 36    | Stomp right beside left  |
| 37    | Clap hands   |
| 38-39 | Thrust hips forward twice (pulling elbows back and making a fist)                    |
| 40    | "Howl"   |

**REPEAT**

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