

# 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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