

I Don't "No"

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Bill Morgan (USA) & Regina Perkins
音乐: Cowboy Love - John Michael Montgomery



SYNCOPATED SWITCHES

- &1 Step back on right foot, cross-step left foot in front of right foot
- &2 Step right foot to right, touch left heel forward with left toe angled to the outside
- &3 Step left foot home under the body, touch right heel forward with right toe angled to the outside
- &4 Step right foot home under the body, touch left heel forward with left toe angled to the outside
- &5 Step left foot home under the body, cross-step right foot in front of left foot
- &6 Step left foot to left, touch right heel forward with right toe angled to the outside
- &7 Step right foot home under the body, touch left heel forward with left toe angled to the outside
- &8 Step left foot home under the body, touch right heel forward with right toe angled to the outside

HIP BUMPS WITH HEEL SHIFTS* AND RIGHT HEEL HOOK

- 1& Bump right hip forward and shift both heels forward to right, return hips and heels home
- 2 Bump right hip forward and shift both heels forward to right
- 3& Bump left hip back and shift both heels backward to left, return hips and heels home
- 4 Bump left hip back and shift both heels backward to left
- 5-6 Touch right heel forward (in place), hook right foot across in front of left shin
- 7-8 Touch right heel forward, step right foot next to left foot

Style note for hand movements with heel shifts: push both hands diagonally forward and back with hip and heel movements

LEFT AND RIGHT SUGARFOOT

- 1-2 Touch left toe beside right instep (left heel flared to the outside and left knee in front of right knee), touch left heel beside right instep (left toe flared to the outside)
- 3&4 Shuffle backwards left-right-left
- 5-6 Touch right toe beside left instep (right heel flared to the outside and right knee in front of left knee), touch right heel beside left instep (right toe flared to the outside)
- 7&8 Shuffle backwards right-left-right

WALK FORWARD, SCOOT WITH ¼ TURN TO THE LEFT, KNEE POPS TO CENTER

- 1-3 Step forward left-right-left
- 4 Scoot on left foot as you raise the right knee and complete ¼ turn to the left (now facing 9:00)
- 5-6 Step right foot to right side, slide left foot beside right foot
- 7-8 Pop right knee to the center, pop right knee to the center again

REPEAT