

Hip Shoot

拍数: 65 墙数: 4 级数: Improver
编舞者: Kathy Daley
音乐: Shooting From The Hip - Barry Upton & Wild At Heart



HEEL DIG, TAP TOGETHER, SAILOR STEP TWICE

1-2-3-4 Heel dig forward right, tap right toe beside left foot, heel dig forward right and hold
5&6 Cross right behind left, step left to left side, step right to place
7-8-9-10 Heel dig forward left, tap left toe beside right foot, heel dig forward left and hold
11&12 Cross left behind right, step right to right side, step left to place

ROCK FORWARD AND BACK (ROCKING CHAIR), TOGETHER AND SWIVEL HEEL TWICE TWICE

13&14& Rock forward on right, rock back on left, rock back on right, rock forward on left
15&16 Step right foot next to left, swivel heels right then left
17&18& Rock forward on left, rock back on right, rock back on left, rock forward on right
19&20 Step left foot next right, swivel heels left then right

STEP DIAGONALLY FORWARD, TOGETHER AND FORWARD, HITCH LEG AND CLAP TWICE

21-22 Step diagonally forward on right, step left foot behind right
23-24 Step diagonally forward on right and hitch left knee and clap
25-26 Step diagonally forward on left, step right foot behind left
27-28 Step diagonally forward on left and hitch right knee and clap

STEP SIDE TOGETHER HEEL TOGETHER TWICE

29-30 Step right to right side and tap left toe next to right
31-32 Left heel dig forward, tap left toe next to right
33-34 Step left to left side and tap right toe next to left
35-36 Right heel dig forward, tap right toe next to left

STEP BACK AND HITCH LEG X 4

37-38-39-40 Step back on right, hitch left knee & clap, step back on left, hitch right knee & clap
41-42-43-44 Step back on right, hitch left knee & clap, step back on left, hitch right knee & clap

SIDE TOGETHER SIDE RIGHT, SIDE TOGETHER SIDE LEFT

45-46 Step right to right side, step left foot next to right
47-48 Step right to right side, tap left toe next to left and clap
49-50 Step left to left side, step right foot next to left
51-52 Step left to left side, tap right toe next to left and clap

PADDLE TURN 1/8 LEFT TWICE

52& Touch right toe forward and make a 1/8 turn left
53& Touch right toe forward and make a 1/8 turn left to complete a 1/4 turn left
54-55-56-57 Tap right toe in front, right side, step back in place and clap
58-59-60-61 Tap left toe in front, left side, step back in place and clap

HIP WIGGLES X 4

62-63-64-65 Wiggle hips for 4 counts right, left, right, left

REPEAT