

Hitch In My Hip

拍数: 32 墙数: 4 级数:
编舞者: Cindi Talbot (CAN)
音乐: Hair In My Eyes Like A Highland Steer - The Corb Lund Band



HEEL &HEEL & STEP DRAG (RIGHT AND LEFT)

1&2& Touch right heel forward, step right, touch left heel forward, step left
3-4 Take long step to right on right foot, drag left toe to touch beside right foot
5&6& Touch left heel forward, step left, touch right heel forward, step right
7-8 Take long step to left on left foot, drag right toe to touch beside left foot

SHUFFLE /HITCH ½ / SHUFFLE/STEP PIVOT ½, SHUFFLE SIDE

9&10& Shuffle forward right-left-right, hitch left knee making ½ turn left
11&12 Shuffle forward left-right-left
13-14 Step forward right, pivot ½ turn left putting weight on left
15&16 Side shuffle to the right right-left-right

HEEL DRAGS LEFT/¼ TURN LEFT, TOE TOUCH BACK/ STEP, HEEL

17& Put left heel on a slight diagonal out to left (slight bend at waist over left knee), put weight on heel while dragging your right foot toward left, changing weight to right foot(at same time brush hair out of eyes)
18& Put left heel diagonally to left, put weight on heel while dragging your right foot beside left, changing weight to right
19& Put left heel diagonally left, put weight on heel while dragging right foot beside left, changing weight to right
20& Touch left heel diagonally to left, drop toe making ¼ turn left, taking weight on left
21-22 Step forward on right foot, touch left toe behind right, bending slightly forward
23-24 Step back on left, touch right heel forward while straightening up (bounce)

HIP HITCHES WITH ROCK STEPS ON RIGHT AND LEFT

25& Step forward on right, hitch left knee
26& Step down on left, hitch right knee
27&28 Step down on right, rock back on left, rock forward on right
29& Step forward on left, hitch right knee
30& Step down on right, hitch left knee
31&32 Step down on left, rock back on right, rock forward on left

REPEAT