

Grandma's Feather Bed

拍数: 64 墙数: 4 级数:
编舞者: Lois Sturgeon (AUS)
音乐: Grandma's Feather Bed - John Denver



2 KNEE HITCH & SLAP, CROSS, BACK, JUMP RIGHT SIDE, HOLD

- 1-2 Tap right heel at 45 degrees right, hitch right knee at 45 degrees right slapping right knee with right hand
- 3-4 Tap right heel at 45 degrees right, hitch right knee at 45 degrees right slapping right knee with right hand
- 5-8 Step right across left, step left back, jump both feet to right, hold

LEFT SIDE STEP, RIGHT SIDE STEP, LEFT STEP TO CENTER, RIGHT STEP TO CENTER, LEFT TO LEFT, RIGHT TO RIGHT, KNEE BUMP

- 1-4 Moving forward-step left to left side, step right to right side, step left to center, step right to center
- 5-6 Step left to left side with left hand on left knee, step right to right side with right hand on right knee
- 7 Bump knees together (legs bent) swooping left hand to right knee, right hand to right knee
- 8 Knees apart returning left hand to left knee, right hand to right knee

BUMP FORWARD & BACK, LEFT HEEL HITCH, JUMP FORWARD & BACK, RIGHT HEEL HITCH

- 1-2 Jump forward on both feet bringing feet together, jump back on both feet
- 3-4 Tap left heel at 45 degrees left, jumping forward on right, hitch left knee jumping back on right
- 5-6 Jump forward on both feet bringing feet together, jump back on both feet
- 7-8 Tap right heel at 45 degrees right, jumping forward on left, hitch right knee jumping back on left

MOVING TO LEFT, RIGHT TOE ACROSS, LEFT TO LEFT, RIGHT HEEL ACROSS, LEFT TO LEFT, STEP RIGHT ACROSS, KICK LEFT DOUBLE CLAP

- 1-2 Step on toe of right across in front of left, step left to left side
- 3-4 Step on heel of right across in front of left, step left to left side
- 5-6 Step right (foot flat) across in front of left, hold 1 beat
- 7-8 Swing/kick left foot to left side clapping once, hold 1 beat clapping once

LEFT ACROSS RIGHT BENDING KNEES, STRAIGHTEN, BEND STRAIGHTEN, RIGHT TO RIGHT, LEFT TO LEFT, RIGHT FORWARD, HOLD

- 1 Step left across right bending both knees & pushing hands down in front
- 2 Straighten knees pulling hands up (elbows bent out to sides)
- 3-4 Bend both knees pushing hands down in front, straighten knees pulling hands up (elbows out sides)
- 5-8 Step right to right side, step left to left side, step right forward, hold

LEFT BACK WITH RIGHT HEEL, HOLD, SCOOT FORWARD TWICE ON LEFT, RIGHT HEEL STRUT TURNING ¼ LEFT, LEFT HEEL STRUT FORWARD

- 1-4 Jump left back tapping right heel in place, hold, scoot forward on left twice hitching right knee
- 5-8 Right heel strut turning ¼ left as you step down on right toe, left heel strut forward

JUMP, RIGHT HEEL 45, JUMP, LEFT HEEL 45, JUMP, RIGHT HEEL 45, HOLD

- 1-2 Jump in place with feet together, jump right in place with left heel at 45 degrees left
- 3-4 Jump in place with feet together, jump left in place with right heel at 45 degrees right
- 5-6 Jump in place with feet together, jump right in place with left heel at 45 degrees left

7-8 Jump in place with feet together, hold

STOMP RIGHT, HOLD, CLAP TWICE, STOMP LEFT, HOLD, CLAP TWICE

1-4 Stomp right forward at 45 degrees right, hold, clap twice

5-8 Stomp left forward at 45 degrees left, hold, clap twice

REPEAT

TAG

After 4 complete walls there is a 20 beat instrumental break where the following tag is danced & then the dance continues as above

MOVING TO LEFT, RIGHT TOE ACROSS, LEFT TO LEFT, RIGHT HEEL ACROSS, LEFT TO LEFT, STEP RIGHT ACROSS, KICK LEFT DOUBLE CLAP

1-2 Step on toe of right across in front of left, step left to left side

3-4 Step on heel of right across in front of left, step left to left side

5-6 Step right (foot flat) across in front of left, hold 1 beat

7-8 Swing/kick left foot to left side clapping once, hold 1 beat clapping once (or more difficult option; replace last 2 beats with heel clicks to left)

MOVING TO RIGHT, LEFT TOE ACROSS, RIGHT TO RIGHT, LEFT HEEL ACROSS, RIGHT TO RIGHT, STEP LEFT ACROSS, KICK RIGHT DOUBLE CLAP

1-2 Step on toe of left across in front of right, step right to right side

3-4 Step on heel of left across in front of right, step right to right side

5-6 Step left (foot flat) across in front of right, hold 1 beat

7-8 Swing/kick right foot to right side clapping once hold 1 beat clapping once (or more difficult option; replace last 2 beats with heel clicks to right)

RIGHT ACROSS LEFT BENDING KNEES, STRAIGHTEN, BEND, STRAIGHTEN

1 Step right across left bending both knees & pushing hands down in front

2 Straighten knees pulling hands up (elbows bent out to sides)

3 Bend both knees & push hands down in front

4 Straighten knees pulling hands up (elbows bent out to sides)
