

H B D (Happy Birthday Don)

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Sylvia Moody
音乐: Rock This Country! - Shania Twain



KICK BALL CHANGE 2 TIMES, SHUFFLE RIGHT, LEFT, RIGHT, ROCK STEP BACK LEFT

- 1&2 Kick ball change (kick right foot forward straight out 6 inches off floor, step on ball of foot next to left lifting left foot slightly off floor, step on left foot next to right)
- 3&4 Repeat steps 1&2
- 5&6 Shuffle to the right (step right foot to the right, step left foot next to right, step right foot to the right)
- 7 Step backward on to left foot lifting right heel off the floor
- 8 Replace weight on the right foot lifting left heel off the floor

KICK BALL CHANGE 2 TIMES, SHUFFLE LEFT, RIGHT, LEFT ROCK STEP BACK RIGHT

- 9&10 Kick ball change (kick left foot forward straight out 6 inches off floor, step on ball of foot next to right lifting right foot slightly off floor, step on right foot next to left)
- 11&12 Repeat steps 9&10
- 13&14 Shuffle to the left (step left foot to the left, step right foot next to left, step left foot to the left.)
- 15 Step backward on to the right foot lifting left heel off the floor
- 16 Replace weight on the left floor lifting right heel off the floor

ROCK STEP, STOMP TWICE, 2 HALF TURNS

- 17 Step forward on the right lifting left heel off the floor
- 18 Replace weight on the left foot lifting right heel off the floor
- 19-20 Stomp right foot forward, stomp left foot next to right
- 21-22 Step forward on your right turn to your left, step on your left to complete the turn
- 23-24 Step forward on your right turn to your left, step on your left to complete the turn

VINE TO THE RIGHT, 4 HIP BUMPS

- 25-27 Step right to the right side, cross left behind right, step right foot to the right side
- 28 Step left foot next to right, weight is distributed evenly between feet
- 29-30 Bump hips to the left, bump hips to the right
- 31-32 Bump hips to the left, bump hips to the right

VINE TO THE LEFT, 4 HIP BUMPS

- 33-35 Step left to the left, cross right behind left, step left to the left
- 36 Step right foot next to left, weight is distributed evenly between feet
- 37-38 Bump hips to the right, bump hips to the left
- 39-40 Bump hips to the right, bump hips to the left, weight is on left foot

QUARTER TURN TO LEFT, 2 SAILOR SHUFFLES, STOMP, STOMP

- 41-42 Step forward on the right, turn to the left and step on left foot
- 43&44 Cross right behind left, step out to the left side with left foot step right next to left; shoulder width apart
- 45&46 Cross left behind right, step out to the right side with right foot step left next to right; shoulder width apart
- 47-48 Stomp right foot forward, stomp left foot forward

REPEAT