# The Dwight



拍数: 64 墙数: 2 级数:

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音乐: 1000 Miles From Nowhere - Dwight Yoakam



## CROSS LEGGED POSITION, SCUFF, HEEL SWIVELS, VINE LEFT

1 Step left foot over right, into cross-legged position.

Right foot down in place.
Scuff left heel to left
Touch left toe to left.

5 Swivel left heel to left, and at the same time bending knee inwards.

6 Left heel back in place. 7-8 Repeat counts 5-6

Count 6 is Q step

9 (Q) cross right foot behind left (two-step grapevine left) x2 (QQSS, QQSS)

10-11 (S) step left

12-13 (S) cross right foot behind left

14-19 Repeat counts 8-13

20 Pivot ½ turn to right on balls of both feet

21 (Now facing wall to rear of starting position with back to audience) bring left foot into place.

#### HEEL SWIVELS, FORWARD DOUBLE SCOOTS

Swivel right heel to right
Right heel back in place.
Swivel left heel to left.
Left heel back in place.
Repeat counts 24-25

28-30 Three double scoots forward.

## HEEL/TOE, TOE/HEEL MOVEMENTS TO THE LEFT

Swivel left heel to left
Swivel left toe to left
Swivel right toe to left
Swivel right heel to left

35-46 Repeat counts 31-34 four times (now facing start again)

#### **HIP GRINDS & TUSH PUSHES**

47-50 Hip grind to the left (get raunchy!)

51-54 Repeat counts 47-50.

Push hips forward, and at the same time pull bent arms backwards
Push hips back, and at the same time push bent arms forward

57-58 Repeat counts 55-56

### KNOCK KNEES: & RETURN TO CROSS-LEGGED START POS.

Feet slightly apart swivel heels out (heel splits)

60 Heels back in place. 61-62 Repeat counts 59-60.

63-64 Scuff left heel forward, hook across right leg ready to begin again.

## **REPEAT**

