

8 Second Hitch

拍数: 32 墙数: 4 级数: Improver
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音乐: Gimme 8 Seconds - Toby Keith



RIGHT SYNCOPATED VINE, MAMBO LEFT, RIGHT POINT-HITCH-DOWN

1 Step right to right side
& Clap
2 Step left behind right
& Step right to right side
3 Step left across right
4 Step right to right side
5&6 Rock left forward, recover on right, step left next to right
7 Touch right toe to right side
& Hitch right knee up
8 Step down on right

LEFT SYNCOPATED VINE, MAMBO RIGHT, LEFT POINT-HITCH-DOWN

1 Step left to left side
& Clap
2 Step right behind left
& Step left to left side
3 Step right across left
4 Step left to left side
5&6 Rock right forward, recover on left, step right next to left
7 Touch left toe to left side
& Hitch left knee up
8 Step down on left

STEP RIGHT, ½ PIVOT LEFT, RIGHT LOCK STEP, MONTEREY, RIGHT POINT-HITCH-TOUCH

1 Step right forward
2 Pivot ½ left
3&4 Step right forward, cross step left behind right, step right forward
5 Touch left toe to left side
6 Pivot ½ turn left, on right ball
7 Touch right toe to right side
& Hitch right knee up
8 Touch right next to left

RIGHT SIDE SHUFFLE, LEFT STOMP FORWARD, ¼ PIVOT, LEFT STOMP, HIP BUMPS, STEP RIGHT, STEP LEFT

1 Step right to right side
& Step left next to right
2 Step right to right side
3 Stomp left forward
4 Pivot ¼ right on balls of feet, shifting weight to right
5 Stomp forward left
6 Touch right forward, bumping right hip diagonally forward
& Bump left hip diagonally back
7 Bump right hip diagonally forward, stepping down on right
8 Step left next to right (weight ends up on left)

REPEAT
