

Cow Boy Boogie

拍数: 24
编舞者: Unknown
音乐: Unknown

墙数: 0

级数:



RIGHT VINE

- 1 Step right to right side
- 2 Step left behind right
- 3 Step right to right side
- 4 Touch left next to right

LEFT VINE

- 5 Step left to the left side
- 6 Step right behind left
- 7 Step left to left side
- 8 Touch right next to left

FORWARD STEP HOP

- 9 Step right foot 45 degree angle forward
- 10 Touch left next to right
- 11 Step left foot 45 degree angle forward
- 12 Touch right next to left

BACKWARD MOVEMENT

- 13 Step back right foot
- 14 Step back left foot
- 15 Step back right foot
- 16 Touch left next to right

HIP BOOGIES & ¼ TURN LEFT

- 17 Step forward on left, while at the same time pushing your left hip forward over your left foot
- & Push your right hip slightly toward your right foot (using only ½ beat music)
- 18 Push your left hip back over your left foot
- 19 Push your right hip back over your right foot & push your left hip slightly toward your left foot (using only ½ beat music)
- 20 Push your right hip back over your right foot
- 21 Push your left hip over your left foot
- 22 Push your right hip over your right foot
- 23 Push your left hip over your left foot
- 24 On one count, lift your right foot off the floor and pivot ¼ turn left (using the ball of your left foot)

REPEAT