

The Cow Dance

拍数: 0 墙数: 2 级数: Improver
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音乐: How Your Love Makes Me Feel - Magill



Sequence: AAB, 1-16 of A, AAB, A, 17-32 of A, B, 1-16 of A, B plus 4 counts, A to end

PART A

ROCK, ½ TURN SHUFFLE, ROCK, COASTER

1-2 Rock forward on right, recover back on left
3&4 Making ½ turn right shuffle on right, left, right
5-6 Rock forward on left, recover back on right
7&8 Step back on left, step right beside left, step left forward
9-16 Repeat step 1-8

LOCK STEP, LOCK SHUFFLE, ½ PIVOT, SHUFFLE

17-18 Step forward on right, lock step left behind right
19&20 Lock shuffle forward on right, lock left, right
21-22 Step forward on left, pivot ½ turn right
23&24 Shuffle forward on left, right, left

OUT-OUT, CLAP, IN-IN, CLAP, WALKS

&25-26 Step right out to right, step left out to left, hold and clap
&27-28 Step right in to center, step left beside right, hold and clap
29-32 Four strong walks forward on right, left, right, left

Emphasize "marches" by swinging arms at sides

PART B

STOMPS, HOLDS

1-2 Stomp right forward, stomp left beside right
3-4 Hold for 2 counts

During last repetition of Part B add the following 4 counts immediately after steps 1-4 of Part B and then continue from steps &5-6 of Part B:

Beginning slightly stooped and slowly straightening body to stand tall, rotate arms in front of body ("roly poly" style) for 4 counts)

OUT-OUT, HOLD, IN-IN, HOLD, RIGHT-CLOSE, HOLD, HEEL STAND

&5-6 Step right out to right, step left out to left, hold
&7-8 Step right in to center, step left beside right, hold
&9-10 Step right to right, step left beside right, hold
11-12 Rock back onto both heels by raising toes, drop toes to floor

Arms

&5-6 Push both arms straight forward
&7-8 Palms together

Make pillow by face

11-12 Hold steering wheel in front of body

ROCK WITH HOLDS, BOOGIE WALKS

13-14 Rock diagonally forward right on right, hold
15-16 Recover on left, hold
17-20 Four boogie walks forward on right, left, right, left

Arms

- 13-14 Grab ice-cream with right hand
14-16 Lick ice-cream
17-20 Drive car-steer right, left, right, left

ROCK, COASTER, ROCK, COASTER

- 21-22 Rock forward on right, recover back on left
23&24 Step back on right, step left beside right, step forward on right
25-26 Rock forward on left, recover back on right
27&28 Step back on left, step right beside left, step forward on left

SHUFFLES, WALK BACK

- 29&30 Shuffle forward on right, left, right
31&32 Shuffle forward on left, right, left
33-36 Walk back on right, left, right, left

Arms

- 29-32 Stretch open arms up

Towards Magill

- 33-36 Hug yourself-arms crossed over body

OUT-OUT, HOLD, IN-IN, HOLD, LEFT, DRAG

- &37-38 Step right out to right, step left out to left, hold
&39-40 Step right in to center, step left beside right, hold
41-44 Make large step left to left (bend knees), drag right to touch beside left over 3 counts (straighten legs)

Arms

- &37-44 Make horns at either side of head

VINE, ½ PIVOTS

- 45-46 Step right to right, step left behind right
47-48 Step right to right, touch left beside right
49-50 Step forward on left, pivot ½ turn right
51-52 Step forward on left, pivot ½ turn right

Arms

- 45-48 Hands cover heart, pump in & out
49-52 Arms in air, shake hands to show fear

VINE, ½ PIVOTS

- 53-54 Step left to left, step right behind left
55-56 Step left to left, touch right beside left
57-58 Step forward on right, pivot ½ turn left
59-60 Step forward on right, pivot ½ turn left

Arms

- 53-56 Laugh-both hands on stomach
57-58 Hold head, stoop & cry

SHUFFLES, WALK BACK

- 61&62 Shuffle forward on right, left, right
63&64 Shuffle forward on left, right left
65-68 Walk back on right, left, right, left

Arms

- 61-64 Stretch open arms up

Towards Magill

- 65-68 Hug yourself-arms crossed over body
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