

Cowboy Bump

拍数: 34 墙数: 0 级数:
编舞者: Dan Spadowski
音乐: She's in Love with the Boy - Trisha Yearwood



BACK THREE, CHUG, AND POLKA

- 1 Step back with the right foot (cape position)
- 2 Step back with the left foot
- 3 Step back with the right foot
- 4 Chug with the left leg
- 5-6 Polka forward left-right-left

TRIPLE PIVOT

- 7 Step forward with the right foot (release both hands)
- 8 Pivot $\frac{1}{4}$ turn to the left, shifting weight onto the left foot & clap (facing in from LOD)
- 9 Step forward with the right foot
- 10 Pivot $\frac{1}{4}$ turn to the left, shifting weight onto the left foot & clap (facing opposite LOD)
- 11 Step forward with the right foot
- 12 Pivot $\frac{1}{4}$ turn to the left, shifting weight onto the left foot & clap (facing out from LOD)

HIP SWAYS

- 13 Sway hips to the left (men's hands on women's hips or shoulders)
- 14 Repeat
- 15 Sway hips to the right
- 16 Repeat

BOX STEP

- 17 Step into LOD With the left foot
- 18 Cross the right foot in front of the left foot (facing LOD)
- 19 Step back with the left foot (resume cape position)
- 20 Step back with the right foot

HIP SWAYS AND BUMPS

- 21 Sway hips apart from each other
- 22 Repeat
- 23 Gently bump hips together
- 24 Repeat(women keep weight on your right foot)

POLKAS

- 25-26 Polka forward left-right-left
- 27-28 Polka forward right-left-right
- 29-30 Polka forward left-right-left
- 31-32 Polka forward right-left-right
- 33-34 Polka forward left-right-left

REPEAT